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NATALIE PORTMAN
O that's Jackie, all right
metroLIFE

Marianne Meen goes for a walk with her chocolate lab named Snowy and her daughter Isabelle Thursday.
DAVID LIPNOWSKI/FOR METRO

# OUT IN THE COLD

Cyclists and bus commuters may be better off walking through Winnipeg's winter wonderland metroNEWS

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Local adult colouring books to look out for
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metro NEWS
Your essential daily news
Pantone Color Institute's colour of the year for 2017 is "greenery."

# Welcome, colouring book craze

ART

## Three local books are here in time for the holidays

Jessica Botelho-Urbanski
For Metro | Winnipeg

At least three Winnipeg colouring books are catering to local Crayola lovers for the holidays this year.

AWAYKIN with colour by Anthony Nelson, Sacred Feminine — An Indigenous Art Colouring Book by Jackie Traverse and Familiar Friends by Anja Studer are among the city's latest grown-up colouring books, with the latter having been released on Dec. 1.

Studer's self-published 96-pager is full of animal drawings inspired by her friends and family.

The Swiss artist immigrated to Winnipeg 18 years ago to learn English and liked it so much she stayed. Studer said she's been subconsciously comparing people to animals since she was a kid.

"It's always kind of been a thing for me. I would just see people and think, 'Oh that person looks like a bird or a cat' or whatever it is," she said.

At the prompting of fans of her drawings, she turned them into a colouring book. Friends and family always ask what animals they inspired, but Studer said she's sometimes wary to tell them.

"I might think they're flattering, like (for) my mom. I see an owl in my mom and I think an owl is a beautiful animal and they're wise. But she didn't like it when I told her," she said, with a laugh.

AWAYKIN's Anthony Nelson was encouraged by others to create a colouring book, too. His intricate patterns laced with religious iconography and images from ancient civilizations lend well to the medium, he said.

"The designs... just come from the recesses of my mind. It's not just pictures of mandelas — there's always something to discover in it. It's a little bit more complex," Nelson said.

But regardless of his love for design, you won't see him picking up a colouring book for stress relief anytime soon.

"I hate colouring. I find pencil crayons so frustrating," he said. "I just hate that the tip (of the crayon) always breaks off. But I'm very appreciative that other people have more patience than I do. I like just doing the lines."

Jackie Traverse has enjoyed colouring and cartooning since she was a kid, so creating Sacred Feminine was a dream fulfilled, she said.

Traverse, who is Anishinaabe and from Lake St. Martin First Nation, remembered entering colouring contests every week as a girl, trying to win a spot in the Winnipeg Tribune with her illustrations of the character Underdog.

"There used to be a cartoon book in the Tribune newspaper... and they had a little book in there that was filled with cartoons and I couldn't wait for Saturday to get that," Traverse said. "One of the things I noticed was there was no representation of me or anybody that looked like me. And one of the things I really related to in this cartoon book was Underdog."

"I didn't know what Underdog meant, but I liked that he tried his best to save the day all the time and rescue people," she said.

"Now I realize as I got older why I related to him so much. Because it has been a struggle to get to where I am and to represent indigenous women and girls in a good way."

Sacred Feminine has sold out two or three times at Neechi Commons, Traverse said. She believes it's striking a chord and providing inspiration for indigenous women and girls, like she'd hoped.

All three books are available at McNally Robinson Booksellers, among other locations.

**Anja Studer self-published her first colouring book, Familiar Friends, in December.** COURTESY ANJA STUDER

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HUDSON'S BAY

# Bike lanes out in the cold

WEATHER

## Advocate says when snow falls, routes aren't tended properly

**Braeden Jones**
Metro | Winnipeg

Cyclists faced an abrupt end to Winnipeg's pleasantly long fall season when a blizzard hit the city streets — and bike lanes — this week.

Cycling advocate Dave Elmore and others took to social media to lament the condition of the city's bike lanes post-snow.

"I wouldn't say the season of riding has ended, but I don't think you'll see many novice riders out there," he said, adding that exemplifies the real problem.

He said it's not that the city doesn't get to bike lanes fast enough.

Crews clear cycling routes along with the priority of the road they are adjacent to (though that doesn't always happen, some people report). However, the city doesn't use the right equipment or return fast enough.

**Clearing a sidewalk and a bike lane are not the same, according to Dave Elmore, who thinks specialized equipment would do a better job on bike lanes.** BRAEDEN JONES/METRO

Even cleared bike lanes are impassable a day after iffy plow jobs "get packed down" by foot traffic and carved up by bikes. Then it all "freezes up solid" overnight.

"It's like a corduroy road," Elmore said of the best-case-scenario bike lanes, which are hazardous for all but the most experienced riders.

He said a city's bike lane maintenance should be judged by how well it facilitates "novices," young people, old people, strollers and those with mobility issues.

"If we are trying to encourage people to be more active, be on bicycles, walking, etc., we need to have good (well maintained) facilities to do that," he said.

He prescribes "more specific equipment and getting it out there quicker," and revisiting them as often as possible.

"Sending a sidewalk plow down (bike lanes) doesn't provide a really good surface," Elmore said, adding cities that do a better job use a combination of sweepers and plows.

Schedule-wise, he said improving things would be "a matter of separating two things," meaning roads and active transportation (AT) paths.

The Assiniboine Avenue bike lane, while vital to all bike-commuters to downtown, is not next to a priority one route, for instance, so was not clear three days after the snowfall.

Elmore said the paths maintained by the Assiniboine Park Conservancy are often in much better shape than the city's, proving it can be done here.

A report on winter AT maintenance was due at the Nov. 7 infrastructure and public works committee meeting, but that deadline was extended another two months.

COURT

## Woman sues city after fall

A Winnipeg woman is suing the city after she allegedly hit two potholes while riding her bike this summer and broke her collarbone.

According to a statement of claim filed at the Court of Queen's Bench on Tuesday, Rosanne Murphy-Janes is seeking payments for general damages and the cost of medical expenses from an accident on Aug. 12.

The document says on that day, she was riding her bike westbound on William Avenue around 12:45 p.m., when she turned into a lane located between a Health Sciences Centre building on Bannatyne Avenue and a parking lot on Tecumseh Street.

It alleges she hit two water-filled potholes, which caused her to lose control of her bike and fall onto the pavement.

"The Defendant (city) was responsible for the supervision, maintenance and state of repair of the roads and had a duty to ensure that the road was in a safe condition for drivers and cyclists," the statement reads.

STEPHANIE TAYLOR/METRO

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TRANSIT

## 'Tough when the system does not function well'

Life's inevitabilities include death, taxes, and brutal traffic in blizzards.

But local transit advocates say the effect of that third one on bus schedules doesn't need to be as bad as it was this week.

"It's frustrating... just so tough when the system does not function well in these situations," said Functional Transit Winnipeg spokesperson Joe Kornelsen.

"Obviously buses aren't going to be able to travel faster than the cars, there are going to be inevitable delays, but there are some issues and a few things they could do better."

Kornelsen said since this week's major snowfall, there have been many cases of buses being behind schedule by more than half an hour.

"When buses get a certain amount of time behind in schedule, they switch to 'not in service,' give up on that route, and go back to the beginning," he said.

Greg Ewankiw, Manager of Transportation in Winnipeg Transit, said it's "difficult to make up the (lost) time" when a bus is stuck in traffic along with other cars.

He confirmed that "severely delayed" buses work with the transit control centre to get back into productive rotation "closer to their schedule."

Kornelsen, a frequent and vocal proponent of higher frequency bus service to make Winnipeg Transit more effective, said that would be an easier fix.

"I feel like a broken record on this topic, but more buses is almost always the solution," he said.

"Then it doesn't matter if they're late, because a bus is always coming... if they're all late (like this week) they all shift around the clock and you still get a bus."

BRAEDEN JONES/METRO

### TIPS FOR MASTERING TRANSIT IN THE WINTER

**Greg Ewankiw, Manager of Transportation in Winnipeg Transit, and Functional Transit advocate Joe Kornelsen share their tips for making using transit viable in the winter:**

**Dress appropriately**
Ewankiw says bundling up is the best way to make sure you aren't suffering if a bus is delayed. Kornelsen seconds that tip, but adds dressing in layers is smart so you can shed some to dump heat once on the bus.

**Tread carefully**
When getting on or off buses, Ewankiw cautions riders to watch their step. "We have non-slip floors but we get lots of snow and ice... use the handrails," he said.

Kornelsen said the city "clears around most stops, but it's not always perfect, sometimes you're jumping into a snowbank." For that reason and the slippery bus floor, "wear boots."

**Plan accordingly**
Delays will happen, so Kornelsen recommends "finding a good app" to plan trips. He said Winnipeg Bus Live is reliable for tracking lateness in real time, but even with the best info, "expect to wait."

**Be extra courteous**
Kornelsen said transit riders basically suffer or succeed together, so can easily contribute to collective success with courtesy. Things like "having their fare or (Peggo) card ready to go" rather than digging for it can help boarding happen faster. He also recommends lending a helping hand to anyone with mobility challenges: "You should all of the time but it's got additional value in the winter," he said.

**Help bus drivers out**
Ewankiw said simple things like "standing back a little" from stops so drivers can get close, making body language obvious with a wave or other affirmation when you want the operator to stop, and just "being kind" go a long way.

"Your driver is trying his or her best, wants to provide good service, wants to be on schedule—they certainly appreciate a smile," he said.

> **I feel like a broken record on this topic, but more buses is almost always the solution.** Joe Kornelsen

A female resident orca whale breaches while swimming in Puget Sound near Bainbridge Island in 2014. As more killer whales move into the Arctic, at least one population of polar bears is learning how to make the best of no longer being at the top of the food chain. ELAINE THOMPSON/ THE CANADIAN PRESS/THE ASSOCIATED PRESS

# Bears dining on orca leftovers

RESEARCH

## Study says they are eating more bowheads

As more killer whales move into the Arctic, at least one population of polar bears is learning how to make the best of no longer being at the top of the food chain.

Research presented at a scientific conference in Winnipeg this week suggests the bears are beginning to take advantage of the beached remains of an orca's favourite food — bowhead whales.

"It's still early days yet in this story," said Gregory Thiemann of York University in Toronto. "(But) we're seeing more consumption of bowheads by polar bears in Foxe Basin."

Inuit hunters say killer whales have long been seen — if rarely — in some parts of the Arctic, but Foxe Basin north of Hudson Bay hasn't been a spotting site because of heavy pack ice. That ice, however, is clearing and killer whales have moved in.

"Killer whales are now annually present in the region," says the report.

Bowhead whales are also present in large numbers. Up to 7,600 of them summer in the rich feeding grounds of northwestern Hudson Bay and northern Foxe Basin.

Yum, say killer whales, which love nothing more than bringing down a younger, smaller bowhead and feeding on its head and mouth. That creates a large, floating carcass which eventually drifts up on a shoreline.

Yum, say polar bears, which will basically eat anything they can, especially in summer, when an increasing lack of sea ice is making it harder and harder for the bears to find a perch from which to hunt seals.

> **As orcas increase in Hudson Bay, you're going to have more predation on big whales and more big-whale carcasses for bears.**
> Gregory Thiemann

"If there's a bowhead on shore, bears will find it," said Thiemann.

He and his colleagues tested fat tissue from 103 bears harvested by hunters from spots around Foxe Basin. They found 56 per cent of the bears in the northern part and about half the bears in nearby Hudson Strait had eaten bowhead.

Although bowheads are too big for bears to kill on their own, the bears have probably always feasted on whales that wash up after they die, said Thiemann. But those percentages sound pretty high for scavenging on natural mortality.

"It seems like a logical story," he said. "We don't have the full picture yet, but as orcas increase in Hudson Bay, you're going to have more predation on big whales and more big-whale carcasses for bears."

It's an example of how Arctic food webs are changing as the North undergoes some of the most drastic climate change on the globe.

"This is a complex system and a complex story," Thiemann said. "It's difficult to predict how some of these interactions are going to shift over time."

The bowhead bounty may help explain why Foxe Basin polar bear numbers have remained stable as sea ice declines.

"The increasing abundance of killer whales and bowhead whales in the region could be indirectly contributing to improved polar bear foraging success despite declining sea ice habitat," the study says.

That might work for a while, said Thiemann. But polar bears do need ice to hunt.

"A decline in habitat is ultimately going to lead to a decline in polar bears.

"What happens in the interim, how some of these food web processes shift as sea ice declines, is going to be the more complex part of the story."

THE CANADIAN PRESS

# Premier suggests more help for newcomers

JOBS

## Brian Pallister sets goal to eliminate long wait times

Braeden Jones
Metro | Winnipeg

Good news may be on the horizon for Manitoba's newcomers seeking meaningful employment.

During Premier Brian Pallister's first state-of-the-province address Thursday, he alluded to improvements coming to the provincial nominee program.

He explained that "advancing the cause of bringing more people from around the world here to Manitoba" is important, and the program, established under Gary Filman's leadership in the 1990s, has been "an essential part of that."

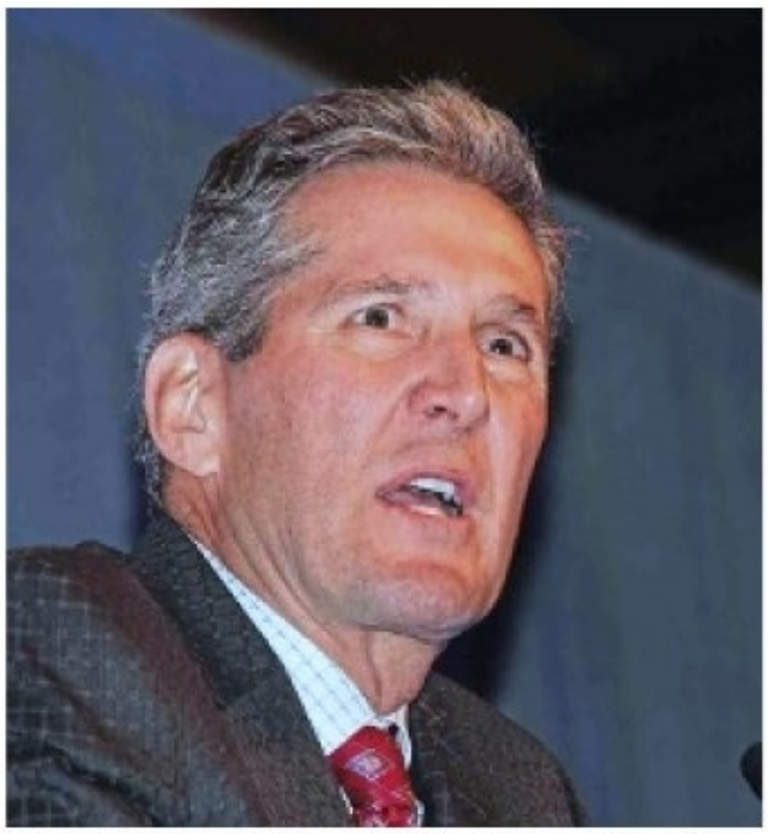
But he added that the program "isn't perfect," pointing to a "half decade" wait for applicants.

"It can be made to work better by doing a better job of linking appropriate training and skills development with the people who come here, so they land on their feet and can get to work instead of being underemployed," Pallister said.

He announced his goal to eliminate the long wait times "by April 2017, so that people who have hopes don't see them smashed."

Winnipeg Chamber of Commerce President Loren Remillard said the focus on immigration is one he's "very pleased to hear the Premier talk about."

He said the program needs work, and the goal of "making sure that the skilled labour that's coming through the provincial nominee program is actually tied to the needs of the market" is crucial.



Premier Brian Pallister hinted Manitoba newcomers could have an easier time making the province home with help of a revised provincial nominee program. BRAEDEN JONES/METRO

LAWSUIT

## Woman says police mistreated her

Stephanie Taylor
Metro | Winnipeg

A Winnipeg woman is suing the city, province and a Crown prosecutor over allegations she was called a "piece of s—" by police and denied food for more than 24 hours once arrested.

According to a statement of claim filed at the Court of Queen's Bench on Nov. 29, Brandy Jaques was arrested on Dec. 1, 2014 on a charge of child abandonment, which was later stayed.

She's now seeking an unspecified amount of damages on allegations of being wrongfully arrested, detained and having her charter rights violated.

The statement says on that day Jaques, her then-one-year-old son and her mother, went to Boogie's Diner & Sports Lounge on Main Street. It says that Jaques' mother had agreed to watch the boy while she went inside the bar.

Once inside, the statement alleges Jaques' mother left the boy alone inside the vehicle for about five minutes to go inside and order him French fries.

It was during that time someone called the police to report that a child had been abandoned inside a vehicle, the statement says.

It alleges that when Jaques' mother returned to the vehicle, five police officers were there and went inside the bar to find Jacques.

"The Plaintiff says that after she was detained, she was told by the police service member who attended that she was under arrest for child abandonment and was told that she was a 'piece of s—' by the arresting officers and placed in the back of a police cruiser."

Once arrested, police denied Jaques access to a telephone to call a lawyer despite "repeated requests," the statement says.

The statement continues, noting that despite telling the arresting officers she had not eaten, "the members refused to offer her any sustenance for several hours." She was also denied food by staff at the Winnipeg Remand Centre, the statement alleges, keeping her unfed for more than 24 hours.

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# Portrait project celebrates diversity

COMMUNITY

## Local collective putting its own spin on Black History Month

Jessica Botelho-Urbanski
For Metro | Winnipeg

A picture may be worth a thousand words, but try to choose four.

An online Winnipeg collective is celebrating diversity by looking for people of colour to model for their #4WordProject.

ÉZÈSTUDIO.net was co-founded by Niasha Mckoy and Kelechi Asagwara this past summer in the hopes of promoting black businesses and creatives.

"We created ÉZÈ STUDIO with our community in mind and not really knowing where to find resources and find black businesses to be able to invest in and take part in. So we know a lot of talented people in all different types of fields and walks of life (and) we wanted to have a space where we can all share," Mckoy said.

Their photo project spawned from an idea about wanting to make a contribution to Black History Month that would be more current.

"We both feel like with Black History Month, we always reflect on the past and people in the past who have helped us come to the level that we're at today when it comes to civil rights and rights for people of colour," Mckoy said.

"We want to be able to highlight different people who are making a difference right now and who will be known as leaders in the future."

The pair are doing public photo shoots every Sunday at The Forks near the food court and encourage anyone interested to join them from around 11:30 a.m. to 2 p.m. They will have their last shoot of the year on Sunday and resume work in January.

Mckoy and Asagwara ask each person to caption their portrait with four words that describe them. 'WORD' is also an acronym they use to help the would-be wordsmiths: W is for world (your heritage or background), O is for occupation, R is for relationship (the most meaningful one in your life) and D is for definition, a category that's a bit open for interpretation.

Mckoy chose "Jamaican-Canadian, hair stylist, sister and growth," while Asagwara picked "Nigerian-Canadian, business, brother and perspective," the last choice being his favourite word.

**Jeremy Zloty, Seyanna Jordan, Johise Namwira and Abigail Theano-Pudwill** will be featured in the BLT Winnipeg — Black Leaders of Tomorrow art show in February. KELECHI ASAGWARA/ÉZÈ STUDIO

> **We want to be able to highlight different people who are making a difference right now.**
> Niasha Mckoy

"I feel like it really shapes much of the world that we come into because everyone comes into this world with a really different perspective and their own way of seeing things," he said. "That really is a huge factor in how we determine society, how we build communities and sort of how we build relationships."

ÉZÈ STUDIO plans to show off their work at a February art show called BLT Winnipeg — Black Leaders of Tomorrow at Artists Exchange Studio on Albert Street.

INDIGENOUS AFFAIRS

## City asked to rename street to reflect people

Some residents of a Winnipeg inner city neighbourhood want a street renamed to reflect the area's indigenous population.

The North Point Douglas Residents Committee says Rover Avenue's name should be changed to Migizi, which is Ojibwa for bald eagle.

The name was chosen because there is a family of eagles that live along the Red River nearby.

Sel Burrows, the head of the committee, says all of the streets in the area are named after people of European ancestry. The committee says one-third of the neighbourhood's population is of indigenous descent.

Burrows says the application for the name change is very important and recognizes the City of Winnipeg's commitment to reconciliation with the indigenous community.

THE CANADIAN PRESS

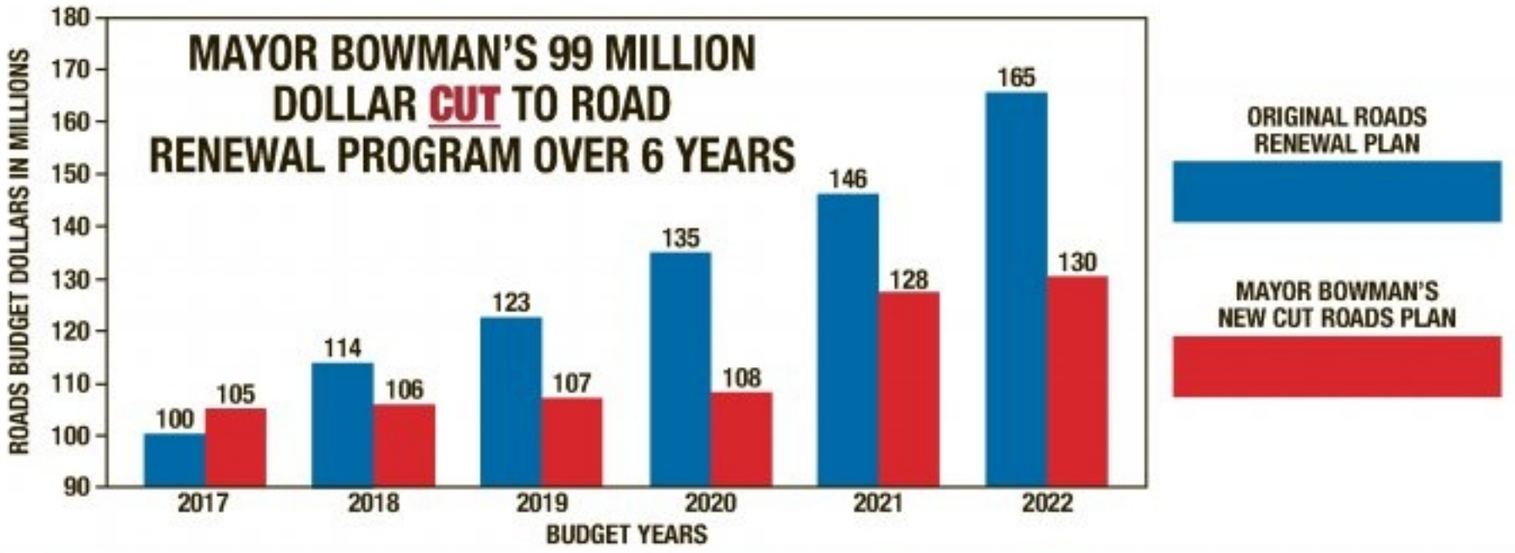
# MAYOR BOWMAN'S PROPOSED 2017 BUDGET MAKES HUGE CUTS TO ROAD RENEWAL PLAN!!

Myth: Mayor Bowman claims that the 2% property tax increase for 2017 is dedicated to Road Renewal.

**FACT: A 2% property tax increase is equal to $10.6 million new dollars for the City. The Roads budget in 2016 was $105 million. Mayor Bowman's proposed 2017 Budget is $105 million. Where is the $10.6 million increase for our Roads?!**

Myth: Mayor Bowman is honouring the commitment to ensure future property tax increases of 2% are dedicated to Roads.

**FACT: Over the next Six years, Mayor Bowman's budget has a MASSIVE CUT of $99 million from Council's original Road Renewal Plan** *(see graph)*.




## Call your Mayor and your Councillor and let them know what your priorities are!

This ad brought to you by Councillor's Browaty, Dobson, Eadie, Schreyer and Wyatt

This Toronto folk-pop trio will play at the WECC. CONTRIBUTED

# Weekend shows bring festive tunes

MUSIC

## The Good Lovelies, Don Amero set to spread cheer

Nigel Moore
For Metro | Winnipeg

It's beginning to sound a lot like Christmas at the West End Cultural Centre.

A pair of jingling, ring-ting-tingling holiday performances are lined up for this weekend and the stockings are hung by the stage with care.

In hopes that... All right, we'll try to dispense with the Christmas references.

Toronto-based folk-pop trio the Good Lovelies will land their sleigh in town Friday for a 10th Anniversary Tour show at the West End Cultural Centre the band described as "an all out winter and Christmas themed production."

The Lovelies — Caroline Brooks, Kerri Ough and Sue Passmore — will come well-stocked with holly-jolly seasonal tunes. They released the five-song EP Winter's Calling last year, and the album Under the Mistletoe came out in 2009.

Tickets are $30 in advance.

The following night, Winnipeg singer-songwriter Don Amero will throw open the doors to his fourth annual Amero Little Christmas concert with special guests at the West End Cultural Centre, Saturday.

A snow-covered Christmas in Winnipeg can't be beat, said Amero.

"There's just something about the cold and snow that makes being indoors with family close by, and a warm beverage in hand, feel that much more cozy and Christmasy," he said.

"No green Christmases for me, thanks!"

On top of the holiday songs and community vibe the season brings, Amero promised to deliver storytelling, tell a few jokes and show "fun and festive videos...that really put the icing on the cake and are always a big laugh."

> **We all know there's something magical about Christmas and my hope is to capture some of that and put it into a show.**
> Don Amero, Winnipeg singer-songwriter

In a release Amero explained, "We all know there's something magical about Christmas and my hope is to capture some of that and put it into a show."

Tickets are $17 in advance.

# 4 Things to do in the city this weekend

We've compiled a list of the best ways to spend your weekend across Winnipeg. MICHELLE BAILEY FOR METRO

### 1 Keep those Yuletide Fires burning

The boys and young men of the Winnipeg Boys Choir are warming up their voices as the choir presents Yuletide Fires, featuring the WSO's Richard Turner accompanying Benjamin Brittens Ceremony of Carols on harp. The concert takes place Friday, Dec. 9 at 7 p.m., in Crescent Fort Rouge United Church, 525 Wardlaw Ave. Tickets are $12 for adults, $8 for students 13+ and free for kiddies 12 and under.

### 2 All things geeky

The inaugural Droids & Dragons Sci-Fi and Fantasy Film Festival is made up of filmmakers, geeks and everything in-between. The matinee event will be held Dec. 10 from 2 p.m. to 5 p.m. at the After Dark Lounge.

### 3 Toss a plush toy for kids in need

Fans attending the Manitoba Moose game on Dec. 10 at 2 p.m. at the MTS Centre are encouraged to participate in the annual Teddy Bear Toss by bringing a new or gently used plush toy that will be donated to the Christmas Cheer Board. The Moose hope to break their all-time record from last year when 2,530 toys rained down on the ice, bringing smiles to many little faces.

### 4 Human Rights Day

The Canadian Museum of Human Rights is recognizing the 10th anniversary of the landmark United Nations Convention on the Rights of Persons with Disabilities by offering patrons free admission on Dec. 10, 10 a.m. to 5 p.m.

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# Desmond to grace $10 bill

MONEY

## Viola Desmond defied rules and sat in 'whites-only' section

It had been some time since Viola Desmond last visited the cinema.

The hairdresser and entrepreneur opted to sit close to the front of the theatre; her poor eyesight made it difficult to see from the balcony, the section where black people were expected to sit in those days.

"She wanted to see a movie," Wanda Robson, 89, said Thursday as she recalled the historic day in 1946 when her older sister chose to defy the rules and sit in the Nova Scotia theatre's "whites-only" section.

Given all that followed, Robson said, Desmond would have been honoured to see herself on the $10 bill — a tribute that will make its debut in 2018 when she becomes the first Canadian woman to be celebrated on the face of her country's currency.

"Viola Desmond's own story reminds all of us that big change can start with a moment of dignity and bravery," Finance Minister Bill Morneau said as he unveiled the choice during a news conference in Gatineau, Que.

**Wanda Robson speaks about her sister, Viola Desmond, on Thursday. Desmond will be the first Canadian woman on a Canadian banknote.** ADRIAN WYLD/ THE CANADIAN PRESS

"She represents courage, strength and determination-qualities we should all aspire to every day."

Desmond is often described as the Canadian version of Rosa Parks, although her act of defiance and subsequent arrest took place much earlier and in a much more spontaneous way than the historic 1955 events of Montgomery, Ala.

She had found herself with some rare time off from her business running a barbershop and hairdressing salon with her husband, and decided to catch a movie at what turned out to be a racially segregated theatre in New Glasgow, N.S.

"She said, 'I stretched out and I was just getting comfortable, and I thought, "Oh, this is nice, and I won't worry about anything,' and then this usher came up and told her she couldn't sit there," Robson said in an interview.

Desmond was arrested and fined. Her decision to fight the charges in court inspired later generations of black people in Nova Scotia and the rest of Canada. The Nova Scotia government granted her a posthumous pardon in 2010.

> **Viola Desmond's own story reminds all of us that big change can start with a moment of dignity and bravery.**
> Bill Morneau

Despite long-standing comparisons to Parks, the U.S. civil rights hero who refused to give up her seat on the bus to a white passenger, Desmond's story received little attention until recent years.

Unlike Parks, who was part of an well-organized protest movement seeking its day in court, Desmond's act was a singular act of courage, he added.

Desmond would have wanted no part of that anyway, said Robson. Civil rights activists pressed Desmond to take up their cause, but she preferred instead to make it her "life's mission" to be a hairdresser and mentor to other black women who were often turned away from other salons, Robson said.

THE CANADIAN PRESS

CLIMATE CHANGE

## Trump plans won't change over Biden visit

Canada will push the incoming Trump administration to be an ally in the fight against climate change and that's not undermined by hosting U.S. Vice-President Joe Biden, says Foreign Affairs Minister Stephane Dion.

"We were able to agree with a lot of initiatives with the current administration, the Obama one. We will work with the Trump administration," Dion told The Canadian Press in an interview from Hamburg, Germany, on Thursday.

Dion spoke as Biden was about to touch down in Ottawa, where he is to meet Prime Minister Justin Trudeau before addressing provincial premiers and aboriginal leaders at a Friday summit.

"We have a lot of clean energy to sell … to our American friends, and we'll make it very clear that it's the way to go," Dion said.

Canada and the U.S. have been strong climate change allies in the last year, with Trudeau earning praise from Barack Obama for his role in helping negotiate the Paris accord to lower greenhouse gases last year.

THE CANADIAN PRESS

ELECTIONS

# Canada has a long history of reform

If you think Prime Minister Justin Trudeau will keep his repeated promise to change the voting system before the next election, consider this: Ottawa has flirted with reform for almost a century — at least eight reports on the way we vote federally have been produced since 1921, each recommending some form of change.

And yet, the more things change, the more they stay the same.

But some Canadian jurisdictions have managed to toss out the voting system we inherited from Britain, where the person who receives the most votes in each riding gets elected. Aside from a smattering of municipalities that have experimented over the years, Manitoba and Alberta had alternatives to this First-Past-the-Post (FPTP) system from the 1920s to the 1950s. So did British Columbia for elections in 1952 and 1953.

It's a little-known history that political scientists and advocates for reform say is worth dredging, given the current brouhaha over electoral change in the capital.

"I think it's a fascinating story, very instructive," said Dennis Pilon, a York University professor who studies the history and politics of electoral reform. His big takeaway: "It's not about principle; it's not about values — it's about power."

The first wave of change came at a unique historical moment. New political forces were emerging as the First World War came to a close, particularly in the Prairies, where populist movements included groups of farmers who were tired of partisan politics and yearned for a more decentralized and direct form of democracy. There was also a push to extend voting rights to women, the strengthening labour cause and the fragmentation of the two-party system — Grits versus Tories — that had endured since Confederation.

TORSTAR NEWS SERVICE

**Minister of Democratic Institutions Maryam Monsef** in the House of Commons on Monday. FRED CHARTRAND/THE CANADIAN PRESS

# Intel was wrong: Pizza shop suspect

WASHINGTON

## Friends, family describe him as a well-meaning father of two

Edgar Maddison Welch caught by police Sunday. THE ASSOCIATED PRESS

The man accused of firing an assault rifle inside a Washington restaurant said he regrets how he handled the situation but refused to completely dismiss the false online claims involving a child sex ring that brought him there.

"I just wanted to do some good and went about it the wrong way," Edgar Maddison Welch, who's been jailed since his Sunday arrest, told the New York Times in a Wednesday video conference.

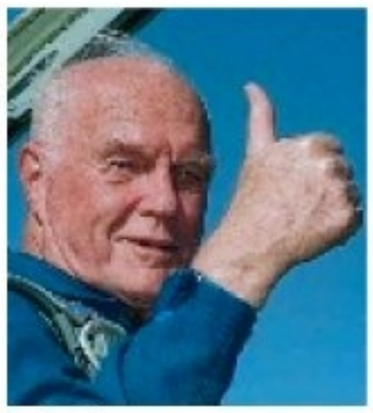
Welch, 28, told the newspaper he started driving to Washington from his Salisbury, N.C., home intending only to give the Comet Ping Pong pizza restaurant a "closer look." But while on the way, he said he felt his "heart breaking over the thought of innocent people suffering."

Welch would not say why he brought an AR-15 into the pizza shop and fired it, the newspaper reported.

Asked what he thought when he found there were no children in the restaurant, Welch said: "The intel on this wasn't 100 per cent." But he would not completely dismiss the online claims while talking to the newspaper, conceding only that there were no children "inside that dwelling."

THE ASSOCIATED PRESS

# World bids John Glenn Godspeed



John Glenn GETTY IMAGES

John Glenn was the ultimate all-American hero.

He was the first American to orbit the Earth, a war-hero fighter pilot, a record-setting test pilot, a longtime senator, a presidential candidate and a man who defied age and gravity to go back into space at 77. What made Glenn was more his persona: He was a combat veteran with boy-next-door looks, a strong marriage and nerves of steel. Schools were named after him. His life story of striving hard, succeeding, suffering setbacks and high-flying redemption was as American as it gets. His life lived up to the famous send-off that fellow astronaut Scott Carpenter gave to him that February 1962 day, just before he became the first American to circle Earth in space: "Godspeed, John Glenn."

John Herschel Glenn Jr. died Thursday at the James Cancer Hospital in Columbus. He was 95. THE ASSOCIATED PRESS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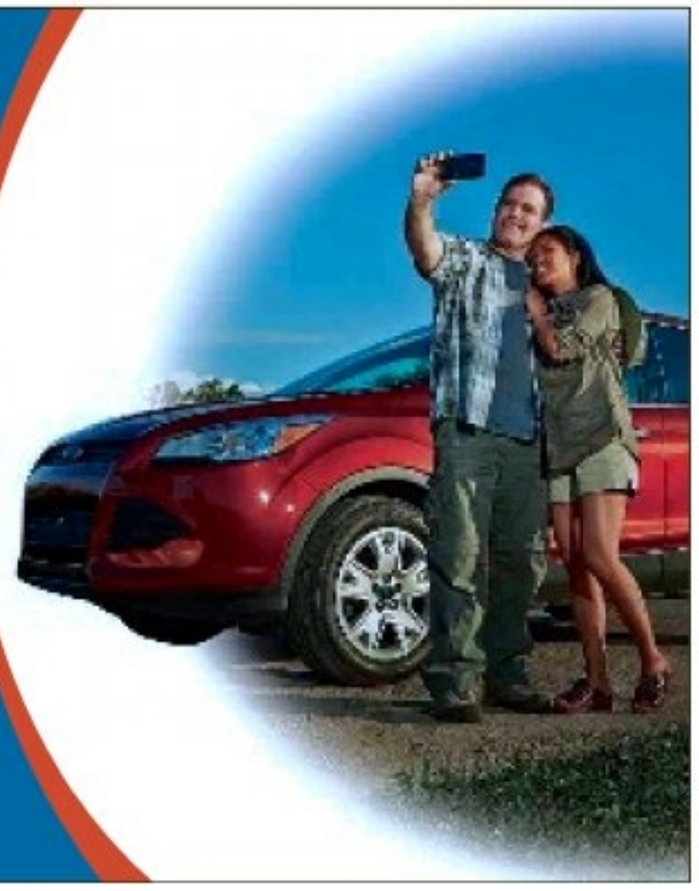



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GameSense

# Onus is on police to earn trust

## Rosemary Westwood relocates from Canada to the U.S. She chronicles her observations in a weekly column for Metro.

ROSEMARY WESTWOOD
From the U.S.

Something seemed to have snapped.

By the time Louisiana Sheriff Newell Normand got behind the podium this week to announce manslaughter charges in the high-profile shooting death of football player Joe McKnight (formerly NFL, recently CFL), it appeared as if years of Black Lives Matter activism, the ensuing scrutiny of police and attacks against police, and the swampy tone of internet debate had combined to tip him over the edge.

It began as a typical news conference announcing that Ronald Gasser, a white man, had been charged with manslaughter three days after police let him go — even though Gasser had admitted to shooting McKnight, a black man, to death, in a road rage incident just outside New Orleans. But it quickly devolved into a polemic against internet trolling and criticisms of the force's investigation, existential dismay at the state of his community, and a plea to respect police and the justice process in Louisiana.

It was unusually instructive, too, on a far deeper level than who was charged with what, both for what Sheriff Normand said, and what he did not say. For a 44-minute microcosm of the colliding issues around race, the Internet and policing in this America, you couldn't do much better.

At times, Normand's fist pounded the podium, and he berated national and local critics of his investigation and of the elected officials who supported his police force. "Shame on you!" he said. He quoted at length, and without censoring, the vulgar, racist and anti-gay comments directed at those officials (MSNBC had to drop its live coverage). He said black men should be more afraid of "black-on-black" crime, not road rage. He said Louisiana's "stand your ground" laws, which permit lethal self-defence, made the case tricky, and was incredulous that black-rights activists like the NAACP were not content to trust his officers to do their job in investigating McKnight's death.

"It's not even really anymore about this case. It's about all the other cases that are yet to come," Normand said, getting it only half right. Uproar over police actions across this country is also about all the cases that came before.

**It began as a typical news conference announcing that Ronald Gasser, a white man, had been charged with manslaughter ... But it quickly devolved into a polemic against internet trolling and criticisms of the force's investigation.**

"This isn't about race. Not a single witness has said, up to this day, that there was one racial slur uttered during the course of these events," Normand said, ignoring completely the kind of ingrained racism that breeds disproportionate fear and hatred and requires no explicit slurs in order to raise the risk of violence.

"We better reflect and look at ourselves in the mirror and decide: What are we going to be about in our community? Are we going to continue to tear ourselves apart?" he asked, apparently unable to see that policing in Louisiana isn't exactly a model of community outreach.

This state has the highest incarceration rate in the U.S. New Orleans has a chronically underfunded public defender's office. Normand's own police force has been criticized for jailing school kids — and black kids in particular — at the highest rate in the state. And black people, and black men and boys in particular, are overrepresented across the criminal system. Normand might not like it, but optics matter. He might not like it, but onus isn't on the people to trust police, it's on police to earn that trust. And the critics aren't going anywhere.

**The Sacre Coeur Basilica and the Paris skyline seen through a haze of pollution.** AFP/GETTY IMAGES

# Paris grappling with winter pollution

**Andrew Fifield**
Metro | Toronto

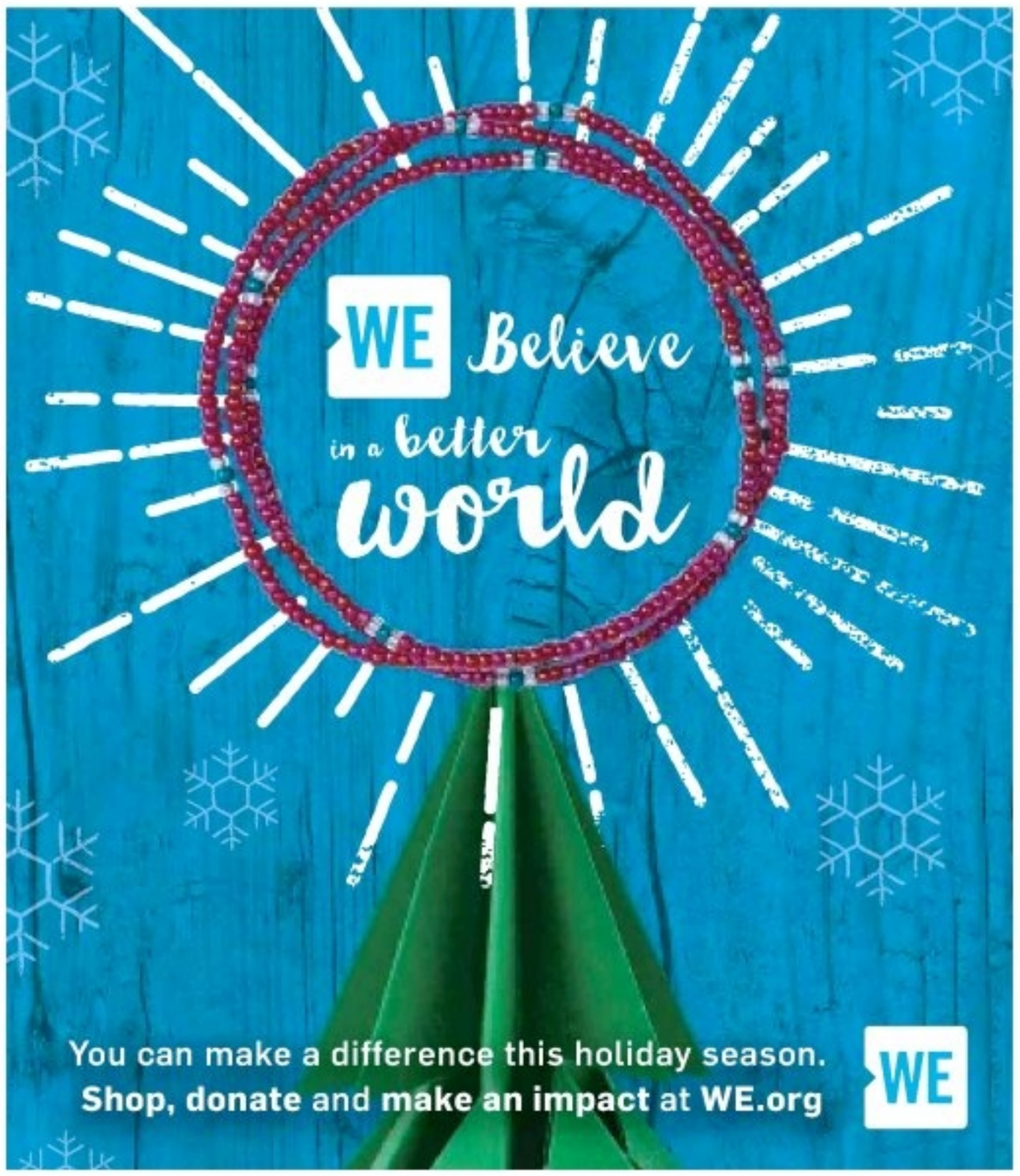
Parisians are currently enduring the worst winter air pollution to hit the city in at least a decade, and authorities are cracking down on cars to tame it.

Public transit has been free for everyone since Tuesday and only vehicles with odd-numbered plates are allowed to enter the city's core. On Tuesday, it was drivers with even-numbered plates who got to take their turn.

Of course, not everybody took up the offer of a free ride to work. Nor would they be told they couldn't drive their vehicle downtown. More than 1,700 drivers were fined for violating rules intended to ensure their neighbours might have a chance to breathe some clean air sometime in the near future.

Like many measures of environmental quality, air pollution has been a hot topic in 2016.

London Mayor Sadiq Khan declared his city's first air pollution alert last week, Beijing's notorious pollution has triggered repeated warnings, and Delhi closed schools, halted construction and restricted traffic in response to a pollution emergency.



# Banks are at risk

BANKING

## Tech startups offer easier, cheaper ways to borrow, invest

**Vlad Tenev and Baiju Bhatt** are co-founders of Robinhood, a stock brokerage that does not charge commissions for its customers to buy and sell shares. THE ASSOCIATED PRESS

It may not be much longer before bank branches join video-rental stores and record shops as relics of a bygone era.

Hundreds of financial technology, or "fintech," startups are offering easier and cheaper ways to save, borrow, spend and invest. They are doing it by shifting the battleground to smartphone apps and websites.

Banks appear to be tackling the fintech threat by closing branches, laying off workers, pouring money into their own technology departments and even buying or teaming up with fintech startups.

### TAKING THREAT SERIOUSLY

A survey of the financial services industry found that 70 per cent of respondents considered fintech startups to be a bigger threat than their traditional rivals. With their guard up, the much bigger banks are more likely to drive many of the fintech startups out of business if they don't acquire them first.

### BIG, BOLD APPROACH

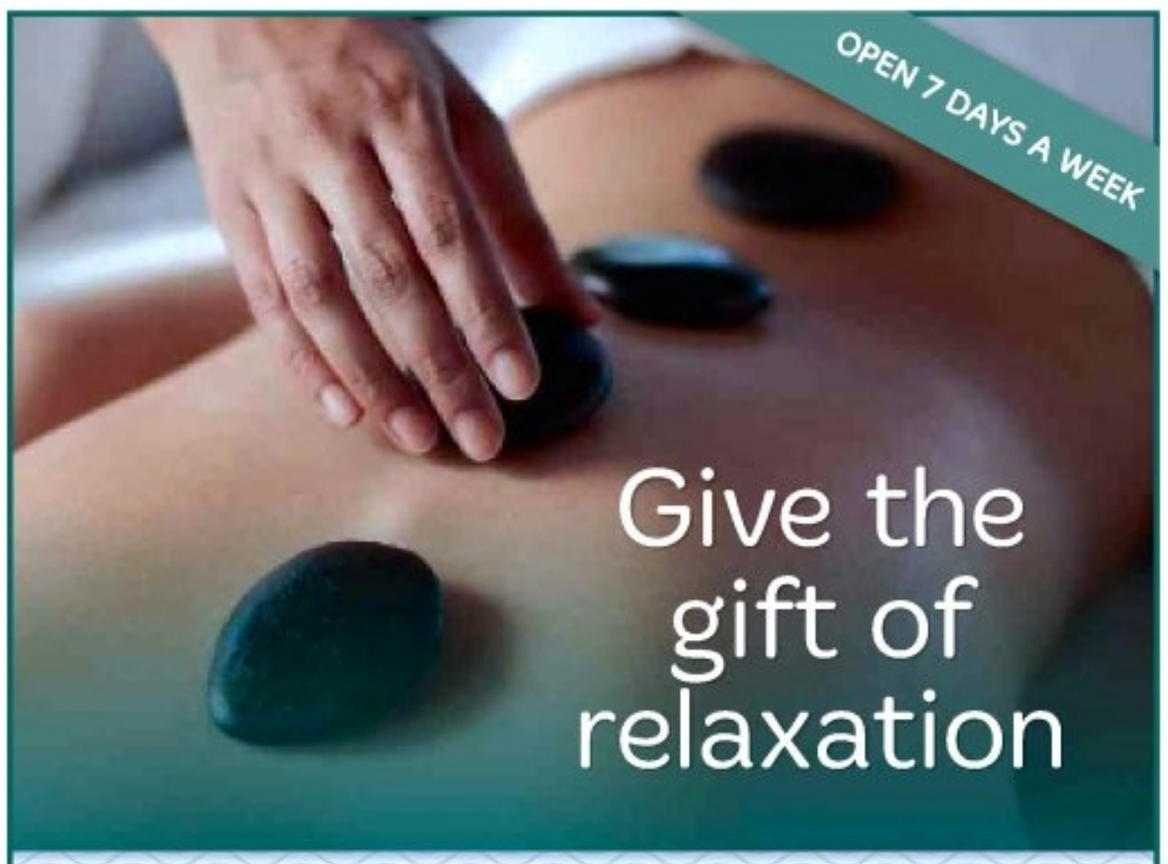
Robinhood, a stock brokerage, does not charge any commissions for its more than 1 million customers to buy and sell shares. To make money, it introduced a $10 monthly service that allows trading when the market is closed.

At online lender Affirm, CEO Max Levchin — a co-founder of PayPal — is focusing on consumers who do not like or cannot get credit cards. It is developing its own formula to identify borrowers able to repay loans.

### A YOUNG MARKET

Fintech's target market so far has been the millennial generation, the 18- to 34-year-olds who typically have a deeper attachment to their smartphones than any bank.

THE ASSOCIATED PRESS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metro SCIENCE

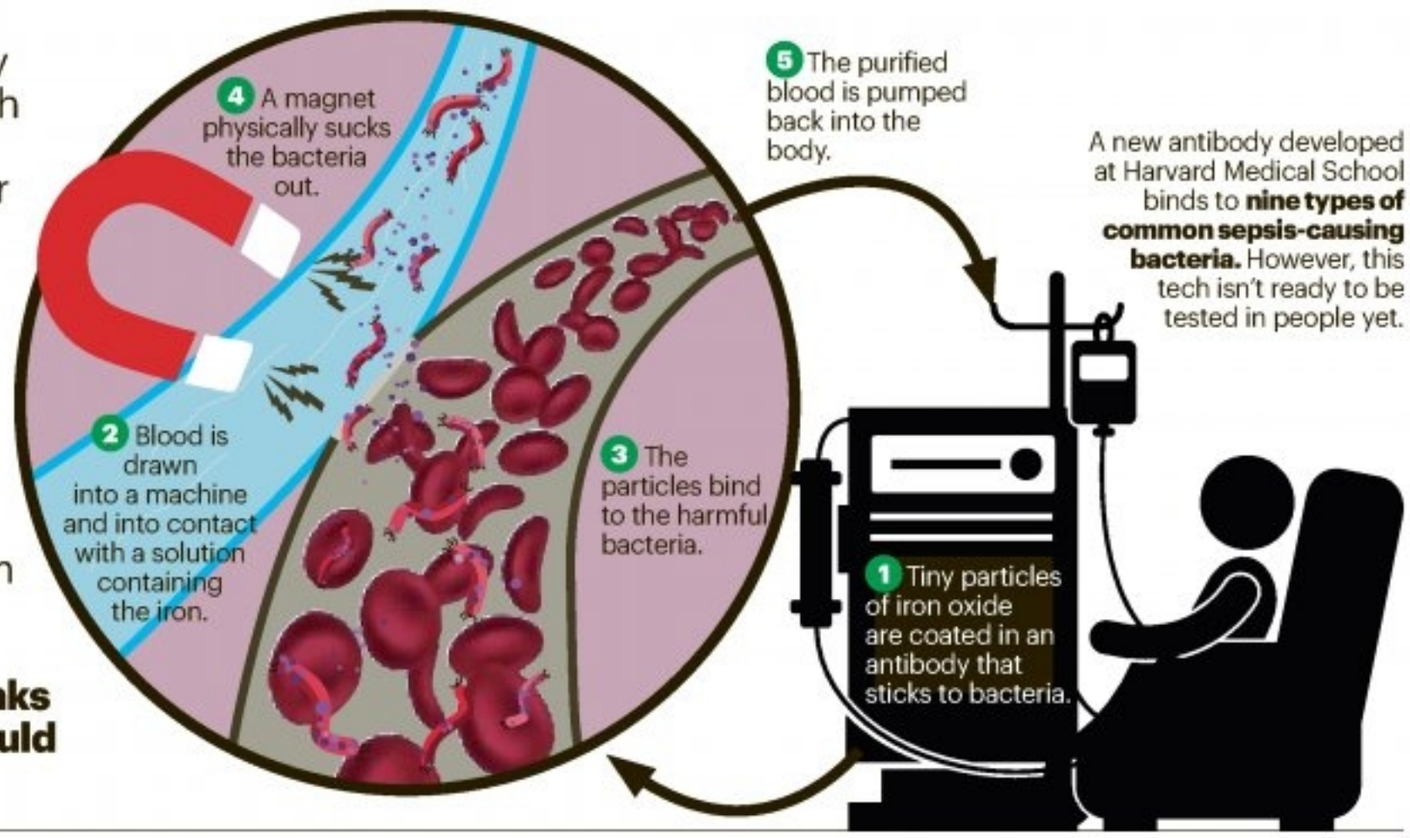
Your essential daily news

A study of a star like our sun suggests life on Earth will disappear when our sun explodes in 5 billion years, but the planet itself might survive

**DECODED** by Genna Buck and Andrés Plana

# AN ATTRACTIVE FUTURE TREATMENT

Emergency rooms see it every day: Someone with a very high or very low temperature and confusion. They're gasping for breath and going downhill fast. It's **sepsis**, when the immune system launches an all-out attack on an infection, but also damages healthy organs, leading to death in a third of patients. There's often no time to determine exactly which germ is responsible. Treatment is a truckload of antibiotics, life support and lot of hope. **Thanks to nanotechnology, there could soon be a better way.**




A new antibody developed at Harvard Medical School binds to **nine types of common sepsis-causing bacteria.** However, this tech isn't ready to be tested in people yet.

**FINDINGS**
**Your week in science**

BEIVUSHTANG/WIKIMEDIA COMMONS

**PRECOCIOUS POLLUTERS**
Carbon dating of 7,000-year-old silt from the Jordan River has shown that Neolithic humans were polluting the water with copper back when they first learned to smelt.

**D-N-Awful**
Swedish scientists have discovered that a single gene mutation, which causes us to make more omega-3 and 6 fats, is linked to metabolic disease, rheumatism, bowel disease and several cancers. Before we started eating so many calories and so much fat, this may have been helpful.

**CITIZEN SCIENTIST** by Genna Buck

# Why pseudoscience thrives on uncertainty

**What are muscle knots? I have a nasty one in my neck. Depending on what you Google, they range from being filled with toxins to being fabrications of massage therapists' imagination. - Heather**

Oh man, Heather. That was quite a Google pit you fell into. And now I'm down here with you. So let's find our way out!

First of all, though common, muscle knots are poorly understood. It's not even certain that they're one discrete thing.

Instead, they're defined by a set of symptoms. A knot is a tender area that may feel like a knob of hard tissue deep within a muscle. Putting pressure on it usually causes painful twitching and additional pain in a distant muscle. (Press the knot in your calf, and your foot seizes up).

One major theory says muscle knots are **myofascial trigger points**: bits of hypersensitive connective tissue that cause muscle to tense up painfully. A few imaging studies have found increased stiffness in areas where patients say they have knots.

But recent research suggests the trigger-point theory doesn't hold up. Plus, none of the treatments based on it seem to work.

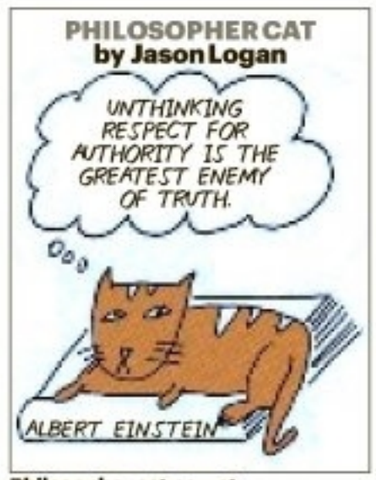
Some knots could be due to scar tissue from a tear or strain. Nerve swelling may be to blame. But there are no clear answers.

And when there's no clear cause or reliable treatment for a painful condition, quacks and charlatans get visions of dollar signs dancing in their heads.

The cure for this phenomenon is more research. I can personally assure you muscle knots are real. I just can't tell you what they are.

**Science Question?**
**Tweet @genna_buck**

**PHILOSOPHER CAT**
**by Jason Logan**

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MOVIES MUSIC TELEVISION DIGITAL

Natalie Portman has gained the attention of critics for her portrayal of the iconic wife of President John F. Kennedy in Jackie. CONTRIBUTED

# Capturing the essence of Jackie

ICON

## Portman astounding in role as former First Lady

Steve Gow
For Metro Canada

Natalie Portman is certainly a favourite for an Oscar nomination with her latest performance — as Jackie Kennedy.

After all, the 35-year-old thespian has been winning accolades from the toughest critics for her astounding portrayal of the endearing former First Lady in the eponymous new biopic, Jackie.

"It was the first time that I'd played a character that people know so well; they know exactly what she sounded like and how she moved," recalled Portman during a recent interview about the scrutiny of interpreting the iconic wife of President John F. Kennedy. "You could literally put the images side by side and play them at the same time and see how close I am — you can judge it that closely."

It's no surprise that the role has been viewed under a microscope either. For more than 50 years, the late-icon has been one of America's most admired women. But even as ubiquitous and well-known as Jackie may be, Portman admits her education was comprised of "a pretty superficial perception" until she began researching some 20 books in preparation.

> **It was the first time that I'd played a character that people know so well.**
> Natalie Portman

"The fact that she coined Camelot was a surprise to me," said Portman of the favourable nickname graced upon the Kennedy presidency. "I always thought that was the press that had come up with that, but I hadn't realized she had named it herself."

Directed by acclaimed foreign director Pablo Larrain (No, Neruda), Jackie is much more than just focused on the superficialities of Jackie's quips or legacy as a fashion icon, however.

Instead, the Chilean auteur aimed to craft a distinctive character study of a conflicted First Lady in the wake of her husband's 1963 assassination — a national tragedy and a mourning she shared with the public. It was this challenge that Portman found "definitely daunting but also nice to do something that you're totally scared of."

"Pablo is an incredible talent and I think he made something really special and unique," added Portman, who truly appreciates the skills of an adept director. "I feel like a lot of directors have their way of what they think they should be saying to actors and it really doesn't work the same for everyone. It's a very specific talent to be able to understand and intuit what an actor needs."

### MOVIES

**Glimpse into private life**

The film explores the nuances of Jackie Kennedy's public and private sides in the immediate aftermath of the assassination of her husband as she plans the funeral, comforts her children and tends to her husband's legacy.

It's what compelled screenwriter Noah Oppenheim to make her the subject of his first script.

"I didn't feel like she had ever gotten enough credit for understanding intuitively the power of television, the power of imagery and iconography and her role in defining how we remember her husband's presidency," he said. THE ASSOCIATED PRESS

# Patel no longer your 'quirky best friend'

ACTING

## Slumdog idol throws himself into role fully

Dev Patel knows how special a film like Lion is.

He's been waiting nearly eight years, since his breakout in Slumdog Millionaire, for a role as substantive and soulful as Saroo Brierley, an Indian man who was lost as a five-year-old, adopted and raised by Australian parents, and who, 25 years later, used Google Earth to retrace his steps to his hometown and his birthmother, not knowing the name of either.

"I read an article about it somewhere, I'm not quite sure where, and I was completely mesmerized," Patel said.

It's why the 26-year-old pursued the part so aggressively, showing up at screenwriter Luke Davies's doorstep before the script was even finished, and, after winning the part, taking a full eight months to prepare.

Not only did the rail-thin Patel bulk up to play the sporty Saroo, grow his hair out, and learn a difficult Australian accent, but he also fully immersed himself into the emotional and spiritual reality of the man.

Brierley and Patel had to go much deeper than that, though.

This is not a simple boy-goes-home story. Brierley's traumatic separation from his home and his mother and struggle to survive on his own is contrasted by his then-comfortable upbringing in Australia with supportive and loving adoptive parents.

His past is something that he represses for years, until it becomes a ghost so undeniable that he must do everything he can to find his mother.

It's one of those stranger-than-fiction stories that begs for cinematic treatment.

"I can't say that the majority or even half the movie is sensationalized. It really isn't. It actually happened in real life," Brierley said.

On set, director Garth Davis pushed Patel deeper into Brierley's pain.

He had Patel watch the actor playing the five-year-old Brierley (newcomer Sunny Pawar) so that there were specific memories to draw on.

He threw him into big scenes right off the bat (they shot the very last scene first), and he made him do "hippie" mental exercises like staring into a mirror for a half hour before coming to set one day.

"The first two minutes were excruciating, because when you do that, you're usually brushing your teeth or popping a pimple or something and then the next 20 minutes all of a sudden I got sucked into this sort of trance-like state and I couldn't recognize the person staring back at me," Patel said.

"I looked like my father, I looked like my mother. And I went to set visibly shaken. I was like 'Garth, I feel like a fool, like I don't know who I am. I think that the task went horribly wrong.' He looked at me and said, 'that's exactly what you should feel. Your body is just a shell but your soul is ever-changing. I was like 'whoa."'

It was all in service of capturing the essence of Brierley, who Patel knows he doesn't look like.

For Patel, the stories represent completely different journeys — Brierley is a modern Australian man who remembers little of his Indian identity.

Patel is already fully on the awards trail for Lion. He's done this before, but now has a bit of experience under his belt and is no longer that wide-eyed 18-year-old.

He said he's taking advantage of the opportunity to talk to and learn from his fellow actors on the same path.

"The first time around I was so beautifully naive about it. I look at Sunny and I can relate to it. He met Bill Clinton the other day and I don't quite think it dawned on him who the man was he was meeting," Patel said, laughing.

Ultimately, Patel is just grateful that he was able to stretch beyond "your usual quirky best friend character role or like tech extraordinaire."

"Stories like this, they're so few and far between especially for a British Indian guy like myself," he said. "I think everyone faces a stereotype ... I don't want to make it about that. It's just my thought process of throwing absolutely everything at this role. I knew how precious it was." THE ASSOCIATED PRESS

**While on the awards trail, Patel said he's taking the opportunity to talk to and learn from his fellow actors on the same path. "The first time around (for Slumdog Millionaire), I was so beautifully naive about it," he laughed.** CONTRIBUTED

# YEAR END CLEAROUT

Kate McKinnon (from left), Jason Bateman, T.J. Miller and Olivia Munn star in the new comedy Office Christmas Party. CONTRIBUTED

# Hilarious distraction from the mundane

INTERVIEW

## A message to North America to take a break these holidays

Richard Crouse
For Metro Canada

In Office Christmas Party T.J. Miller plays Clay, a scattered office manager with a "mind like a drunk baby." In a last ditch effort to save his branch from closure he tries to woo a lucrative client by throwing a no-holds-barred Christmas party.

"This is the way we close Walter," says Clay. "We throw the best Christmas party he's ever seen. We could save everybody's jobs."

Miller leads an ensemble cast featuring heavy-hitters like Jason Bateman, Olivia Munn, Kate McKinnon and Jennifer Aniston but he doesn't want to talk about that. Not right away, anyway.

Instead he begins the interview with, "Let's talk comedy in a time of tragedy."

OK, lets.

"Basically I have a political obstacle to my social mission statement," he says.

"The social statement was, tragedy permeates our everyday lives, people are lonely, they're scared, they have death anxiety, they don't know how to attribute meaning to their own existence, so through comedy we can provide an opiate or distraction that permeates our everyday lives. Through satire we can hopefully frame the world in a way that people can laugh at.

"Also I aim to help people, through my stand up, to release the death anxiety. I aim to help people not take themselves so seriously."

When Miller, who also currently plays Erlich Bachman on Silicon Valley, finally gets around to talking about Office Christmas Party, he's still on message.

"It's very easy to promote a comedy during the apocalypse," he says.

The Christmas film, which features a greedy pimp, a sexually repressed head of HR and an office load of drunk, disgruntled employees, is a mix and match of sentimentality and debauchery that Miller thinks is perfect for the season.

"What better way to spend the holidays?" he asks. "First of all you don't have to talk to your family for an hour-and-a-half during the holidays. That's a bonus. If the movie is funny, you talk about how funny it was for half-an-hour. How dynamic Jenifer Aniston, Jason Bateman and Courtney B. Vance are. How strange I look in a Santa suit for that long. That my facial hair is still abrasive and arresting. That's two- and-a-half to three hours towards a stress free holiday.

> **I aim to help people not take themselves so seriously.**
> T.J. Miller

That's what we're pitching you.

"It's a funny movie. It's a laugh a minute. Well, it's a laugh every minute-and-a-half to two minutes. We wanted to give you a break. It's exhausting to laugh every minute."

Miller, who once worked as a legal secretary in the same Chicago office building seen in the film, says the movie is silly and fun but shares his core comedy philosophy.

"Workplace environments have become so sterile and corporations have become so much about profit and not the people they work with that we've lost the fun of work.

"We don't have cool office Christmas parties anymore. We are saying, 'You spend so much time with the people you work with, why not have a night or two a year where you can kind of just relax? Take a night off from worrying about offending someone or giving 'tude.'

"That is our message to North America. Take the holidays, drink way too much eggnog, laugh, relax and know that we've got a lot of work to do in 2017."

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# Cost of being a woman in politics

Jessica Chastain embraced her role in Miss Sloane because the issues of gender politics are very much a part of her experience as an actress. CONTRIBUTED

THRILLER

## Miss Sloane finds strong woman caught up in danger

Steve Gow
For Metro Canada

John Madden isn't afraid to admit it: He really admires women.

And it shows in the veteran filmmaker's oeuvre. From the Oscar-nominated Queen Victoria-biopic Mrs. Brown to the Oscar-winning hit Shakespeare in Love, he has crafted a career by considering the complexity of women.

"Almost every film I make ends up being about an empowered woman in a different way," stated Madden recently while promoting his latest thriller Miss Sloane.

"I mean, they are a superior race in my view. Precisely because the balance of emotion, intellect and drive is a balance that all men ought to aspire to and most can't or don't."

Certainly Madden's latest character, the titular Miss Sloane, comprises those commendable qualities, even if they are tested.

When the story's cutthroat lobbyist faces off against Washington's most ferocious powerbrokers to take up arms against the gun lobby, she must pay the cost of being a woman of high authority in the political world.

"This piece is not trying to put forward feminist ideas, but nevertheless it's absolutely about female empowerment and all of the key characters moving forward are women," said Madden of the labyrinthine drama.

"The idea that she weaponizes herself and purges herself of everything that makes her an incredibly effective political performer, and in the process connects with something she actually believes in, was quite an interesting story."

The thriller's empowerment theme wouldn't succeed without star Jessica Chastain either, who not only delivers a "virtuoso performance," but embraced the chance to tackle issues that are essential to her art.

"She seeks out roles that are very much defined by gender issues because she's very engaged in that world and I think she was fascinated by it politically," said Madden, who cast Chastain immediately after reading the script.

Having worked with her previously in the 2010 thriller The Debt, Madden realized only an actor as viscerally talented as Chastain could seize the soul of Miss Sloane.

"It has nothing to do with observable technique," said Madden of Chastain's incredible skill for such an intricate, tangled character.

"She has a way of actually deploying her intelligence and emotional intelligence in a way that simply emerges as behaviour."

### MOVIES

**Art imitates life, and the presidential campaign**

Filmed amidst the heated U.S. election, Miss Sloane took on new context in light of the gender politics that arose during the campaign.

"The film works in that way and I think that's a potentially very satisfying experience," said Madden.

"Gender politics and the political process itself became the obliterating issues of the presidential race, both of which are installed right at the centre of our film."

**Toronto, D.C.?**

Although set in Washington, Miss Sloane was filmed in Toronto. Keen eyes will surely recognize many familiar locations.

"Oh dammit, you weren't taken in!" laughed Madden, who admits to filming in such venues as the Royal York Hotel.

"It's the most extraordinary thing we did.

"We shot the majority of the film in about four blocks of the core really."

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# SO VERY '70S

CONTRIBUTED BY HOLLYWOOD SUITE

Sensitive, culturally relevant topics have always had a tough time crossing over to the mainstream. In the 1960s and '70s, filmmakers driven by social change found new and inventive ways to open the conversation on a wide range of difficult-to-tackle subjects and made great films in the process. Here are five tough topics tackled by some iconic films:

**Midlife Crisis:** A concept that surprisingly only became prominent in the mid-'60s, the cultural discussion about the concept of a midlife crisis took off after Blake Edward's hilarious 1979 comedy 10, which follows a hapless Dudley Moore going to ridiculous lengths to solve his.

**The Vietnam War:** Before 1978's Coming Home and especially 1979's Apocalypse Now, most films portrayed the Vietnam War in a positive light. Once these films were released, though, it was harder for the public at large to ignore how different Vietnam had been, the horrors individuals had survived in the conflict and the veterans who were slipping through the cracks.

**Open Relationships:** Though the summer of '69 was all about free love for hippies, Bob & Carol & Ted & Alice explored the practice of New Age thinking among more "square" couples. Despite the film's hesitance to praise these practices, it went on to open the conversation about New Age therapies and alternative relationships in popular culture.

**Going "Out West":** Work was hard to find in the Maritimes in the '60s and '70s, and many folks headed west only to find more unemployment, but without the comforts of home. Donald Shebib's Goin' Down The Road follows the journey of two men on just such a hopeless quest, and connected audiences across Canada to the struggles of their fellow countrymen.

**Home Computers:** The late '70s brought computers into homes for the first time, but many families were unsettled by what the true costs of this kind of technology might be. It's no wonder 1977's Demon Seed sees the introduction of computing and automation as something that destroys the sanctity of the traditional home in terrifying ways.

Rediscover the films that reflected changing times. The Hollywood Suite Free Preview is on now until Jan. 5. Enjoy the best movies of the '70s, '80s, '90s and 2000s uncut and commercial-free on four HDTV channels and On Demand, available on most TV providers.

*Catch Apocalypse Now, Goin' Down the Road, Bob & Carol & Ted & Alice, Demon Seed and 10 this month on the Hollywood Suite '70s Movies channel. Learn more at hollywoodsuite.ca/freepreview.*

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# Can't take the country out of singer Beyoncé

DADDY LESSONS

## Although a Grammy committee is certainly trying

Beyonce earned a whopping nine Grammy nominations Tuesday, including best rock performance, but the singer's twangy song Daddy Lessons was rejected by the Recording Academy's country music committee.

A person familiar with the Grammy nomination process told The Associated Press on Wednesday that Beyonce submitted Daddy Lessons — from her album Lemonade — to the country category. The person, who spoke on condition of anonymity because the person was not allowed to speak publicly about the topic, said the country music committee rejected the song.

If Beyonce's song had made it through, it would have been eligible for honours such as best country song and country solo performance.

Representatives for Beyonce and the Grammys didn't immediately reply to emails seeking comment.

Daddy Lessons highlights the Houston native's Southern music roots, incorporating horns, acoustic guitar and hand claps as Beyonce sings about lessons she learned from her father and former manager. The lyrics include references to the Second Amendment, the Bible and shooting guns.

Beyonce performed the track at last month's Country Music Association Awards alongside the Dixie Chicks, and later released a version of the song featuring the country trio.

Earlier in the year, the Chicks covered the song on their tour, and others in the country genre welcomed the tune, including Blake Shelton, who defended the song from critics who say it's not country.

Country star Dierks Bentley told the AP, "There is just something intangible about it that it feels like a country song."

Karen Fairchild of Little Big Town said, "(Beyonce) has some stories to tell — that's clear on Lemonade. And that's what makes country music great."

Beyonce, still, impressed the music world by earning Grammy nominations in the rock, pop, R&B and rap categories — becoming the first artist to earn nominations in those fields in the same year.

Beyonce's nine nominations include the big three: album of the year for Lemonade and song, and record of the year for Formation. She is also competing for best rock performance (Don't Hurt Yourself with Jack White), pop solo performance (Hold Up), rap/sung performance (Freedom with Kendrick Lamar) and urban contemporary album (Lemonade).

THE ASSOCIATED PRESS

**Beyoncé in the Daddy Lessons video.**

LEMONADE/DIGITAL BOOKLET/ SCREENSHOT

DOLLY PARTON

## Musical telethon for wildfire victims

Country icon Dolly Parton has organized a musical telethon to raise money for victims of the Tennessee wildfires that destroyed more than 1,700 homes in the resort town of Gatlinburg.

The event, which will air Dec. 13 on Great American Country, will include performances by Reba McEntire, Kenny Rogers, Alison Krauss and Parton, whose Dollywood theme park in neighbouring Pigeon Forge escaped damage from the fires.

Proceeds from the telethon will go to the Dollywood Foundation My People Fund, which was created to provide $1,000 each month to Sevier County families whose homes were damaged or destroyed by the wildfires.

THE ASSOCIATED PRESS

### FIRE FACTS

Officials say 14 people have died and more than 135 were injured in the fire that spread from the Great Smoky Mountains National Park in Tennessee.

THE ASSOCIATED PRESS

### MUSIC BRIEFS

**Mick Jagger celebrates birth of 8th child**

Mick Jagger's representatives say the rock legend has welcomed his eighth child.

Jagger, the 73-year-old frontman of the Rolling Stones, was on hand Thursday at a New York hospital when girlfriend, Melanie Hamrick, gave birth to the couple's son. According to a statement, both parents are "delighted" and "mother and baby are doing well."

Jagger already has seven children — Georgia, James, Jade, Elizabeth, Lucas, Karis and Gabriel — who range in age from their 40s to teenagers.

He became a great-grandfather in May 2014 when Jade's daughter, Assisi, gave birth to a baby girl. Hamrick is a 29-year-old ballerina who has performed with the American Ballet Theatre in New York. They began dating in 2014.

THE ASSOCIATED PRESS

# How to impress at the office party

SMART CAREER MOVE

## Use the get-together to schmooze not just booze it up

**Vawn Himmelsbach**

Instead of relying on alcohol to deal with nerves at the office party, approach the event as a chance to build social capital. ISTOCK

It may seem obvious: don't get out-of-control drunk at your office holiday party and make a complete fool of yourself. But each and every year, there are gossip-worthy antics — from inappropriate outfits to TMI — that make the rounds at the water cooler on Monday morning.

But it's just not office gossip that's a problem. "Social media enables this disaster to happen much more quickly and in a viral way," said Lisa Orr, etiquette and protocol consultant with Orr Etiquette. "The repercussions are so much more substantial. It used to be whispers, now it's video on YouTube. Drinking and social media don't mix."

But people drink anyway: In some cases, they might be nervous about socializing with their boss or colleagues, so they drink to steady their nerves. That can result in behaviour that one regrets later, such as telling your boss about your marital problems or pursuing that office crush.

"There are studies that say 45 per cent of people have shared TMI at office parties," said Julie Blais Comeau, chief etiquette officer with etiquettejulie.com. And the culprit, in many cases, is alcohol.

Orr suggests going in with a strategy, and to approach your office holiday party as an opportunity to build social capital, "so when you have an opportunity to connect at work, you have a stronger connection." The best way to deal with nerves is to prepare — rather than rely on alcohol — by knowing who you want to connect with and what you want to talk about.

"If you know you're nervous, find an alternate beverage, like cranberry and soda," she said. "It's nice to have a drink in your hand, but it doesn't have to have alcohol in it."

Getting drunk is a common etiquette misstep, but so is inappropriate clothing. "My rule of thumb: wear what you would wear to impress a client," said Orr. This isn't the time to wear that revealing, skin-tight dress, or to be a 'rebel' and show up uber-casual in ripped jeans.

While people in the fashion industry have a different set of rules when it comes to attire than banking professionals, Orr recommends treating the party as an extension of your workplace — and dress accordingly.

"You're at a party, it's an opportunity to show how much you respect your host, so err on the side of slightly dressy," she added.

Thinking of wearing those gag reindeer antlers or jingle-bell earrings? Think again. "Do you want your boss to remember those antlers come performance appraisal time?" said Blais Comeau.

Another etiquette misstep involves the RSVP. People say they're going to show up, then don't. Or people don't RSVP, and then show up, sometimes with a plus-one.

Every event has a budget, and that affects what the host can provide for guests. So when you RSVP to an event (or decline the invitation) it's a sign of respect.

In instances where you can bring a plus-one, you're also responsible for them and their behaviour. "Regardless of whether or not it should reflect on you, it does," said Orr. "If a partner wouldn't enjoy it or wouldn't handle it well — when they get nervous they drink too much — proactively manage that." That means prepping them ahead of time, or perhaps even deciding to leave them at home.

When it comes to office holiday parties, the key word is 'office,' said Blais Comeau. "It is a work function," she reminded. And that means, even if you dread such events, you should still go.

"If you choose not to go, people are going to wonder why you didn't go," she said. "You should attend, especially if it's [during] office hours." And make sure you don't hang exclusively with your office clique; this is a golden opportunity for intra-company networking.

### SECRET SANTA

**Gift-giving etiquette tips**

It's Secret Santa time, where you draw a random name out of a hat and surprise that person with a gift. In the workplace, though, there are a few rules around what's appropriate for gift-giving — especially when you're buying something for a person you barely know.

First off, stick to the budget (typically around $10 or $20). Don't overspend and buy something over-the-top; that makes other participants feel badly, and often makes the receiver feel guilty for not spending as much.

Etiquette expert Julie Blais Comeau suggests avoiding gag, personal or fragrant items, and staying clear of alcohol, since these could potentially offend or embarrass the receiver. More appropriate for the workplace are desktop accessories, bookstore or coffee gift cards (from their preferred coffee shop, not yours).

If you happen to pick the name of someone you barely know, don't buy a random gift; do a bit of research (ask someone who works directly with them, for example) to at least find out if they drink coffee before making that purchase.

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# The best books to look into

READING ROUNDUP

## Page-turning gifts to suit everyone on Santa's list

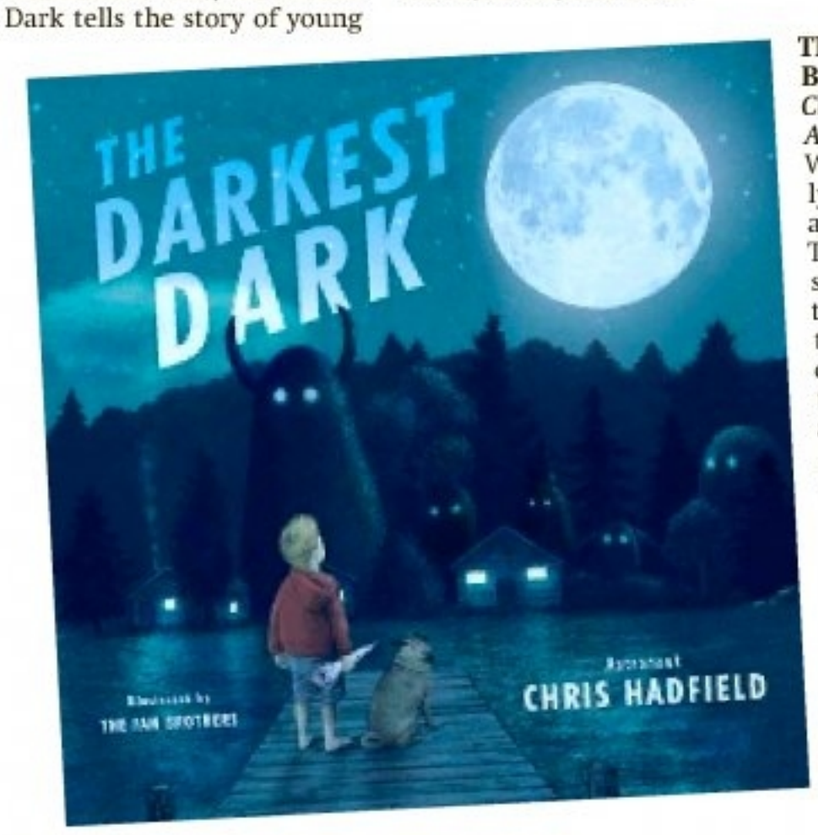
**Tanya Enberg**

With traditional books experiencing a resurgence, this holiday season give loved ones the gift of a good read they can curl up with. This round up of 2016 titles is sure to please little bookworms, lifelong word lovers, and every type of reader in between.

### For children

**The Darkest Dark, Chris Hadfield**
*Tundra, $22.99*
*Ages 4-8*
Inspired by astronaut Chris Hadfield as a child, The Darkest Dark tells the story of young Chris, who is brave pretending to be an astronaut, however when bedtime arrives, so does his biggest fear — darkness. After watching the Apollo 11 moon landing on TV, Chris discovers beauty in the unknown — even when it's at its darkest.

**The Barefoot Book of Children, Tessa Strickland and Kate DePalma, illustrated by David Dean**
*Barefoot Books*
*(available at barefootbooks.com)*
*$24.99*
*Ages 3-8*
The Barefoot Book of Children takes readers on an imaginative and insightful trip around the world, with compassionate lessons about feelings, families, bodies and food. This kid-empowering book inspires curiosity and helps children gain a deeper understanding of themselves and the world around them.




**They All Saw a Cat, Brendan Wenzel**
*Chronicle Books, $23.99*
*Ages 3-5*
With whimsical drawings and lyrical prose, They All Saw a Cat is simple and smart. The New York Times best-seller follows a cat whose features transform as it is seen through the eyes of various creatures. From the perspective of a terrified mouse to a bat's night vision, this is an amusing celebration of observation.

**Harry Potter and the Chamber of Secrets, J.K. Rowling, illustrated by Jim Kay**
*Bloomsbury USA, $49.99*
*Ages 9+*
Take a spellbinding journey into the world of wizards with the fully illustrated new edition of Harry Potter and the Chamber of Secrets. Bubbling over with magic, humour and beloved characters, this delightful reimagining is a home-library must for Harry Potter fans.

### For adults

**Faithful, Alice Hoffman**
*Simon & Schuster, $32*
A car accident leaves a teenage girl in a coma and her best friend dealing with crippling guilt in Alice Hoffman's Faithful. High schooler Shelby Richmond downward spirals as she struggles with survivor's guilt and tries to move on.

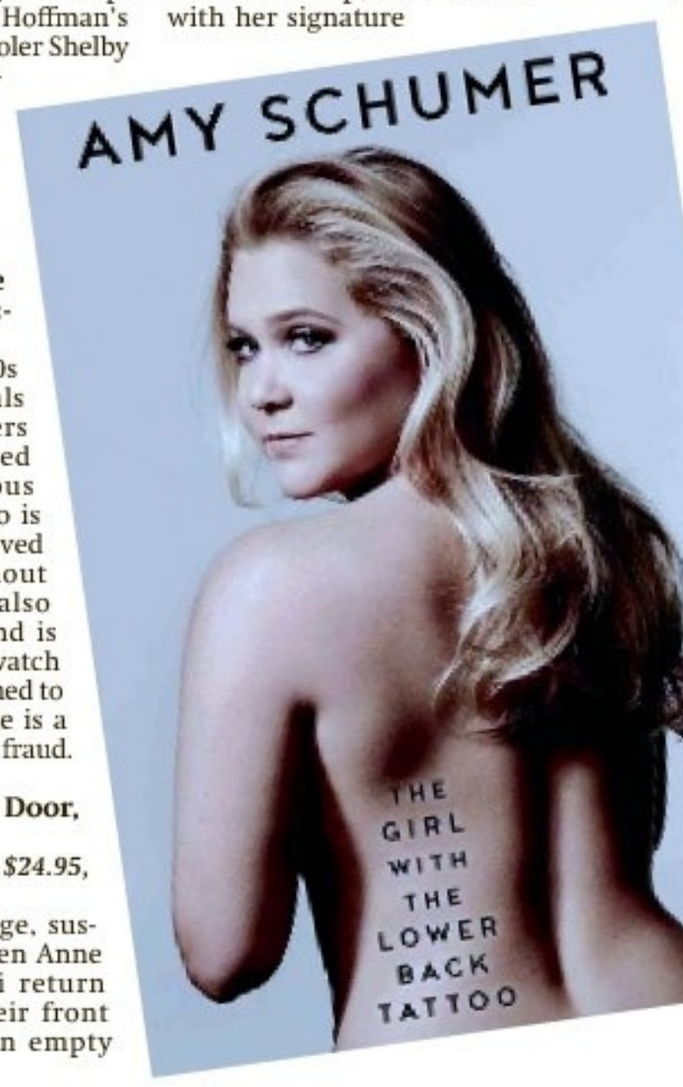
**The Wonder, Emma Donoghue**
*HarperCollins Canada, $32.99*
Set in a small 1850s Irish village, locals and out-of-towners become captivated by the miraculous story of a girl who is said to have survived for months without food. The child also draws skeptics and is placed under the watch of a nurse determined to reveal whether she is a medical miracle or fraud.

**The Couple Next Door, Shari Lapena**
*Doubleday Canada, $24.95, paperback*
From the first page, suspense unfolds when Anne and Marco Conti return home to find their front door open and an empty crib where their baby should be in the unsettling thriller, The Couple Next Door. The parents fall under suspicion, tension rises and secrets are revealed with each shocking twist and turn.

**Secret Path, Gord Downie**
*Simon & Schuster, $26.99*
Singer Gord Downie brings to light the mistreatment of children at residential schools with Secret Path, a 10-song album featuring a graphic novel by Jeff Lemire. It tells the story of Chanie "Charlie" Wenjack, a 12-year-old boy who died of hunger and exposure after running away from a Kenora, Ont. school in 1966 to try and get home.

**The Best Kind of People, Zoe Whittall**
*House of Anansi Press, $22.95, paperback*
When a bombshell accusation of sexual impropriety is brought against George Woodbury, a beloved teacher, husband and father, his family is left to cope with denial and anger — and the possibility of guilt —in the heartbreaking book, The Best Kind of People.

**The Girl with the Lower Back Tattoo, Amy Schumer**
*Gallery Books, $36.99*
Star comedian Amy Schumer shares stories of love, family and friendship, all brushed with her signature dry humor in this confessional collection of essays. Schumer's sassiness is evident throughout, but she also delves into deeper terrain, too, opening up about her father's multiple sclerosis and ending gun violence.




### Cookbooks

**Small Victories: Recipes, Advice + Hundreds of Ideas for Home-Cooking Triumphs, Julia Turshen**
*Chronicle Books, $50*
Small Victories is brimming with culinary inspiration for seasoned and beginner home cooks. Featuring more than 400 recipes, from turkey and Ricotta meatballs to peach and bourbon milkshakes, the pages are filled with flavours for all occasions.

**Green Kitchen Smoothies: Healthy and Colorful Smoothies for Every Day, David Frenkiel and Luise Vindahl**
*Hardie Grant, $27.99*
Whether seeking an energy boost or wanting to sneak more veggies into your child's diet, Green Kitchen Smoothies shines with fresh ideas, from orange sesame smoothies to the deceptively healthy cacao-rich banana Snickers shake. Get ready to salivate — and bust out the blender.

**Oh She Glows Every Day: Quick and Satisfying Plant-Based Recipes, Angela Liddon**
*Penguin Canada, $32*
Oakville based Angela Liddon is back with a collection of recipes so fresh, you'll feel healthier just flipping through the pages. Teeming with yummy, family-approved ideas (think eggplant Parmesan and stuffed avocado salad), Liddon's creations are quick, easy and immensely tempting.

*All books listed are hardcover unless otherwise noted. Prices may vary, retailer dependent.*

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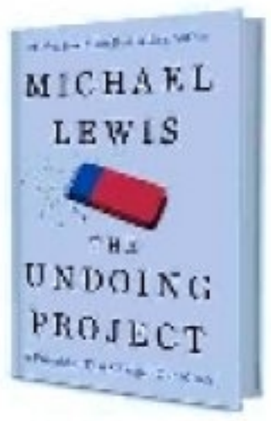


The author of *Flash Boys* and *Moneyball* tells the story of two men who may well have changed, for good, humanity's view of its own mind. **NOW $25** REG $38.95

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# Be Canuck cool with these gift ideas

CANADIANA

## Get a head start on celebrating our nation's birthday

**Tara Nolan**

With Canada celebrating its sesquicentennial birthday in 2017, Christmas is the perfect time to gift presents that feature our country's distinctive iconography in some artistic way.

Here is but a sampling of the patriotic presents you will find in stores and online this holiday season.

**Sweet storage:** What's more Canadian than maple syrup? Really, it should be its own food group. Grab a local tin and gift it with a special vessel. Store your maple syrup, salad dressings or sauces in one of these carafes that are up-cycled from beer bottles at Artech Glass Blowing Studios. Available in amber or clear glass, each one features some a Canada-themed symbol. *Canadian Maple Syrup Carafes, $25, available at artechstudios.ca.*

**Canadian critters:** Graphic artist Christine Tatilon of Ani-Zet Designs has created a new Northern Friends collection, featuring common Canadian four-legged creatures. Choose from a moose, raccoon, squirrel, husky, fox or bear, each on a digitally printed cushion. The back features a wool melton fabric pouch to store books or devices. *Moose Pillow Cotton Twill, $78, available at anizet.com.*

**A symbol of pride:** Not only were these rings, designed by Dorothée Rosen, inspired by her natural surroundings, they were also created to celebrate obtaining her Canadian citizenship. Each one bears an imprint of a real maple leaf. Available in both men's and women's sizes in yellow, rose, white and green gold, as well as silver. *Maple Leaf Ring, $140 to $1,320, available at dorotheerosen.ca*

**Keep your lid warm:** From pennants to onesies, the Drake General Store always seems to reserve space on its shelves for a range of cool Canadian-themed giftables. Toques, those ubiquitous symbols of winter, featuring the store's Arborist label, for example, come emblazoned with "Canada," a province name, our venerable CBC or a Mountie. *Arborist Mountie Toque, $29.95, available at drakegeneralstore.ca.*

**Perfect for baby:** If you have a baby to buy for, check out The Dapper Dodo's stylish bibs made from lightweight cotton and flannelette, and cotton and terrycloth-adorned maple wood teething rings. They are created by a working mom who loves to sew using whimsical, unique fabrics and this adorable beaver pattern definitely fits in with the Canada theme. *Teether, $15, bandana bib, $12, available at facebook.com/thedapperdodo (message to order, prices subject to change based on fabric availability and cost).*

CLOCKWISE, FROM TOP LEFT: LIMITED EDITION GICHIGAMI ARTISAN CANOE PADDLE; MOUNTIE TOQUE; MAPLE LEAF RING; MOOSE PILLOW COTTON TWILL; BANDANA BIB; CANADIAN MAPLE SYRUP CARAFES

**Paddle away:** Did you know there are over one million canoes in Canada? Purchasing one of these hand-painted, solid cherry wood paddles from Norquay Co. will benefit The Great Lakes. Artist, adventurist and avid canoeist Natasha Wittke is donating all sale proceeds from this particular design to the Nature Conservancy Great Lakes Project. *Limited Edition Gichigami Artisan Canoe Paddle, $385, available at norquayco.com.*

# Stuff some stockings with tasty brews

**Peter Rockwell**

It's a beer lover's world; the rest of us are just drinking it in. If you have wannabe cicerone on your gift list, stuff their stocking with some of these tasty brews or create a DIY taster pack by wrapping a few up together along with a beer glass or two found at your local housewares shop.

### For the lager lover

**Modelo Especial Lager** (Mexico, 6x355ml, $13.29-$14.99): First bottled in 1925, this Pilsner-style Mexican lager offers a depth of south of the border flavour that meets its European rivals head-on. Forget about the lime, this lightly malted refresher doesn't need a wedge of fruit as a partner to please.

**Estrella Damm Lager** (Spain, 500ml, $2.09-$3.65): Since Spain reigns when it comes to wine and brandy, it's easy to forget they make a darn good beer as well. In its 140th year of being brewed in Barcelona, this crisp Mediterranean lager is a classily built thirst-quencher and an ideal pairing with seafood and tapas.

**Hop City Barking Squirrel Lager** (Canada, 473ml, $300-$3.65): Owned by New Brunswick's Moosehead, Canada's oldest independent brewery, Hop City maps out a relaxed, malty expression of lager that makes a great bridge across the liquid chasm to heavier-bodied ales.

### For the ale aficionado

**Goose Island IPA** (USA, 473ml, $3.00-$3.65): India Pale Ales are the darlings of the current beer renaissance. Often hopped within an inch of their lives, Chicago's Goose Island IPA is a tempered take on the style. Though up-front in hoppy goodness, a dry malt mid-section gives this brew balance without losing any bravado.

**Red Racer ISA** (Canada, 473ml, $2.70-$3.34): Best known for its hoppy IPA, Surrey, B.C.'s Central City Brewery tames down the bitterness and, at 4 per cent in alcohol, it's an easy-drinking India Session Ale. Smooth and fruity, it still has enough bite to appeal to the hopheads on your list.

**Wychwood Bah Humbug! Christmas Cheer Ale** (England, 500ml, $3.19-$4.24): With witches and hobgoblins their stock in trade, it's no surprise that Oxfordshire-based Wychwood would dedicate their annual holiday ale to Charles Dickins' A Christmas Carol. Spiced-up for the season with a touch of cinnamon, it's the true spirit of Christmas present.

### For those who like to drink outside of the box

**Innis & Gunn Original Ale** (Scotland, 500ml, $2.95-$3.99): Now famous for its limited releases aged in a mind-bending variety of used booze barrels, it's this brew that made Innis & Gunn back in 2003. Seventy-seven days maturing in old bourbon casks creates a mellow malty flavour that tastes like nothing else.

**Bard's Gold Gluten-Free Sorghum Malt** (USA, 6x355ml, $14.35-$15.49): Certainly aimed at those with gluten issues, sorghum-based Bard's light, grainy flavour and subtle sweetness has universal appeal that any beer fan on your shopping list will want to experience.

**Fuller's 2016 Limited Edition Vintage Ale** (England, 500ml, $7.95-$10.95): Celebrating 20 years of its Vintage Ale releases, for the 2016 edition Fuller's has combined British and New Zealand hops in what they're calling "a successful union of homegrown and far-flung ingredients."

Thick and decadently roasted in flavour, this is definitely one for the malt lovers to contemplate and, thanks to being bottle-conditioned, it ages like a fine wine.

**Muskoka Brewery Winter Beard Double Chocolate Cranberry Stout** (Canada, 750ml, $13.49-$15.99): Don't be intimidated by the squinting lumberjack on the label. This rich, monster of a stout is much more accessible than first impressions might suggest. Big on creamy chocolate and tangy cranberry fruit, even at eight per cent, it's a winter warmer that goes down surprisingly smooth.

*Prices reflect the range across the country. Some products may not be available in all locations.*

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# Tech it out: Hot gadget gift ideas

RECOMMENDATIONS

## Not sure what to buy your loved ones over the holidays?

**Marc Saltzman**

Some advice for those about to start their holiday shopping: Don't buy clothes for someone else — they may smile and thank you for the lime green cardigan but they'll hunt for the gift receipt when they get home. Lottery tickets and gift cards are cop-outs. Jewelry is too personal to pick out. And don't even think about fancy bath soaps (they still haven't used what you bought them last year).

Instead, if you want to see a genuine smile stretch upon the faces of loved ones, buy them some cool technology. And no, you don't need to break the bank to pick great gadget gifts. So, whether you're in need of high-tech ideas or want to indulge in something for yourself, here are a few sweet suggestions.

**Nintendo NES Classic Edition:** Sold out across the country, but with Santa's elves working on more before Christmas Eve, the Nintendo NES Classic Edition ($79.99) lets you relive some of your beloved childhood video games on your big-screen TV.

This mini version of the iconic Nintendo Entertainment System houses 30 pre-installed eight-bit classics of yesteryear, such as Super Mario Bros, Donkey Kong, The Legend of Zelda, PAC-MAN, Metroid, Mega Man, and Final Fantasy.

The teeny console also ships with a full-size NES Classic Controller, plus you can add a second for two-player fun (sold separately for $12.99), and it also includes an HDMI cable to plug into a television.

**TomTom Spark 3:** Building on its popular predecessor, TomTom Spark 3 Cardio + Music Bundle GPS Fitness Watch ($349.99) leverages TomTom's heritage in GPS location and mapping to be a trusted companion while jogging, running, cycling, swimming, and more (and it works indoors, too). Along with its integrated heart-rate monitor and multiple sports mode, a new feature called Route Exploration lets runners plan and upload up to 15 routes to their watch, and then follow along on the screen.

**Elektronista Digital Clutch:** Women on the go can carry their tech with style. Available in multiple colours, Knomo's Elektronista Digital Clutch ($199 to $299) fits up to a 10-inch tablet, as well as other items such as your wallet, keys, smartphone, earbuds, and hand cream, in multiple sections and zipped pockets for easy access to your stuff. Built into this clutch is a 5,000-milliamp power pack, with microUSB charging cable, so you can juice up your smartphone when needed (roughly twice, depending on the model).

**TP-Link Touch P5 Router:** This wireless router works as well as it looks. The TP-Link Touch P5 ($199.99) is a touchscreen-enabled Wi-Fi Gigabit Router with AC1900 speeds for fast and reliable performance, for all your home's wireless devices: computers, tablets, smartphones, printers, video game consoles, smart TVs, and more. Along with the one-minute set-up, the touchscreen also lets you enable parental controls, if desired; set up dual bands to minimize interference (2.4GHz and 5GHz); and it also works with an optional smartphone app to tweak settings and permissions.

**Samsung Gear 360:** Rethink how holiday moments are captured and shared with the Samsung Gear 360 ($499.99), a compact camera that can shoot 360-degree video (or photos), which can then be played back on virtual reality headsets, or as an interactive 360-degree video on YouTube or Facebook. It's never been easier (or cheaper) to create content — perfect for family vacations, holiday get-togethers and other once-in-a-lifetime events — you may want to relive time and time again after the fact.

**Kobo Aura One:** What to buy an avid book lover who might want to read everywhere life takes them? The Kobo Aura One ($249) is a premium ebook reader with a large 7.8-inch display, about the size of a hardcover book, and with a high-resolution e-ink screen that looks like real ink on paper. Whether you want to lounge around the pool, at a beach, on a deck at the cottage, or while slipping into a bubble bath, the latest Kobo is IPX8-certified, which means it can remain underwater as deep as two metres, or 6.5 feet, for up to 60 minutes. The anti-glare e-ink screen can be read clearly in bright sunlight, or take advantage of the integrated light to read while curled up in bed. The Kobo eBookstore features more than five million titles, plus you can borrow ebooks for free from your local library. Battery life lasts a month between charges. *Product prices may vary.*

CLOCKWISE, FROM TOP LEFT: TOMTOM SPARK 3; TP-LINK TOUCH P5 ROUTER; NINTENDO NES CLASSIC EDITION; KOBO AURA ONE; SAMSUNG GEAR 360; ELEKTRONISTA DIGITAL CLUTCH

# Tablets, laptops and 2-in-1s, oh my!

HOOK IT UP

## Lots of choice if you're gifting a new computer

**Marc Saltzman**

'Tis the season to shop for consumer electronics — especially if you want to take advantage of the sales on tablets, laptops and 2-in-1s, a trendy hybrid of the two form factors.

Whether you're looking to wrap up something to put under the tree or want to treat yourself to a new device, you might be overwhelmed with the various options available. If that's the case, here are a few solid suggestions, divided by form factor.

**Tablets**

Powered by Android, Samsung Galaxy Tab A ($199) is a slender 7-inch tablet with a 1.3GHz quad-core processor, two cameras, and 8GB of storage — with up to 200GB of additional storage through optional microSD cards.

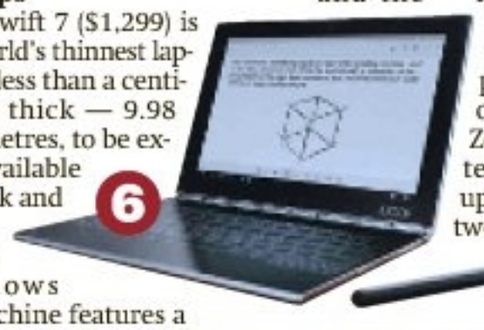
For those with a healthier budget and desire for a larger device, Samsung Galaxy Tab E ($259) is a 9.6-inch tablet with 16GB of storage, expandable memory, dual cameras, and many other features.

Available with a 9.7-inch (from $799) or 12.9-inch (from $1,049) display, Apple's iPad Pro is a versatile device that lets you tap, swipe or draw on its sharp Retina display — including support for precision work via Apple Pencil. Designed for mobile professionals and creative types, iPad Pro supports countless quality apps and split-screen tasks.

The first tablet that can truly replace your laptop, Microsoft's Surface Pro 4 (from $1,179) is a Windows 10 machine with a powerful Intel Core processor, PC-like ports, Surface Pen stylus (included), integrated multi-angle kickstand, and starting at 128GB of solid state storage. Snap on one of the multiple magnetic Type Covers, with its integrated keyboard and trackpad (sold separately for $169.99), and you can get your work done, anytime and anywhere.

**Laptops**

Acer Swift 7 ($1,299) is the world's thinnest laptop at less than a centimetre thick — 9.98 millimetres, to be exact. Available in black and gold, this Windows 10 machine features a 13.3-inch (non-touch) IPS display with Corning Gorilla Glass, large trackpad, and in the performance department, it's one of the first laptops powered by Intel's 7th Gen Core processor for fast speeds and exceptional battery life (up to nine hours).



Also a svelte pick is the 14-millimetre thick ASUS ZenBook UX306 ($1,289), a premium Windows 10 PC that's light on weight, but heavy on features. The 2.6-pound laptop is powered by a 6th-generation Intel Core processor, up to 16GB of RAM (system memory) and 512GB of SSD storage, and the latest USB Type-C port. Perhaps the most impressive aspect of this 13.3-inch ZenBook is its battery, which lasts up to 12 hours between charges.

**2-in-1s**

At $849.99, the HP Pavilion X360 is also a 13-inch device, but the screen is on an innovative 360-degree hinge, allowing you to choose from one of four modes: laptop, tablet, stand, and tent. This versatile "convertible" PC — also known as a "2-in-1" hybrid — is powered by Windows 10 and an Intel Core i3 processor.

And now for something completely different. The award-winning Lenovo Yoga Book ($649 for Android, $749 for Windows) is also a compact 2-in-1.

While one half of the clamshell device has a 10.1-inch screen, the other half is a touch-enabled surface instead of a physical keyboard; a "Halo" touch keyboard appears when you want to type, offering haptic vibration and auto-correction, or you can place paper down to draw or take notes and a digital version shows up on the screen in real time. Battery life tops 13 hours.

*Prices subject to change*

1. Apple's iPad Pro
2. Acer Swift 7
3. ASUS ZenBook UX306
4. HP Pavilion X360
5. Samsung Galaxy Tab A
6. Lenovo Yoga Book
7. Microsoft's Surface Pro 4

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# Ho-ho-ho hot home entertainment gear

NESTING SEASON

## Televisions, sound bars, media players and more

**Marc Saltzman**

Whatever you call it — "nesting," "cocooning" or simply "brutal winter" — many of us are doubling down on home entertainment this time of year. Or perhaps pre-holiday sales on televisions and sound systems have something to do with it.

The following are a few picture-perfect home entertainment suggestions.

### Sweet TVs

There's no shortage of stellar 4K TVs — that deliver four times the resolution of 1080p HD — but buying one will likely be contingent on your budget and room size.

With four different models between 50- and 65-inches, Samsung's KS8000 Series TVs (from $2,299) are powered by "quantum dot" technology, which offer a wider colour palette and better brightness than most other televisions, thanks to teeny "nano" crystals in front of the backlight. Powered by a Tizen operating system, Samsung has also upped its Smart TV experience, to deliver a more intuitive user-interface, faster access to on-demand entertainment, and more personalized recommendations.

Sony's X930D 4K HDR LED Smart TV (from $2,499.99), on the other hand, also delivers stunning picture quality, a variety of big-screen sizes to choose from, and with the Android TV platform built in for access to the apps you know and love. Like the Samsung models, Sony's 4K TVs support high dynamic range ("HDR") for high brightness and vivid colours (including some striking yellows and orange hues, such as a setting sun or crackling fire).

If budget permits, LG's 65-inch 4K UHD HDR Curved OLED Smart TV ($5,499.95) is as good as it gets. Along with its concave design — which looks gorgeous even when it's turned off — this LG television uses organic light-emitting diodes (OLED) that offers "infinite" contrast (brighter whites and deeper blacks), as well as more vibrant colours and smooth motion.

If cash is tight but you're ready to buy a 4K TV with HDR, Hisense's H7 Series Ultra HD LED TV (from $699 for 50-inch version) is a great-looking television with fast Wi-Fi (and with some apps preloaded such as Netflix and YouTube), 4 HDMI ports to connect components, and a USB port for media you might have on a thumb-drive.

HISENSE'S H7 SERIES ULTRA HD LED TV

### Serious sound

If you don't have the space or budget to set up a multi-speaker surround sound system, newer sound bars — that sit just below or above your television — can do the trick.

SAMSUNG'S HW-K950 SOUNDBAR

The SONOS PlayBar Soundbar Wireless Speaker ($899.99) is one of the most feature-rich sound bars available. It houses nine speakers, supports Dolby Digital, and like other Sonos speakers it also wirelessly streams music from your favourite online services or from your own music library (controlled via an app).

Sony's HT-NT5 2.1ch Soundbar ($849.99), on the other hand, includes a wireless subwoofer to place elsewhere in the room — and enjoy clarity and power of high-resolution sound from its six integrated speakers, and support for 4K/HDR video content.

On the high end of the spectrum — pun included — Samsung's HW-K950 Soundbar ($1,999.99) delivers a supreme audio experience with its 15 built-in speakers, each with its own dedicated amplifier, and featuring Dolby Atmos technology. In fact, this is the industry's first sound bar to support two wireless rear speakers with up-firing drivers, for an enveloping, immersive sound field out of your movies, TV shows, and games.

### Accessories

Turn your regular television into a smarter one with Roku Ultra ($139.99), the top-of-the-line streaming media player that offers more than 2,500 on-demand channels to choose from — such as Netflix, Cineplex Store, CinemaNow, and YouTube. It also supports 4K TVs that deliver four times the resolution of 1080p HD.

Hockey fans will love the Budweiser Red Light ($159.99), an authentic-looking Wi-Fi-enabled goal lights that — when synched with your favourite team(s) via the app — will sound off and light up whenever there's a goal. As an extension of that, specially marked cases of Budweiser beer will also contain a Budweiser Goal-Synced Glass. Using Bluetooth technology, the 14 oz. Red Light Glass can sync to your favourite team's goals.

Logitech's Harmony universal remotes (from $59.99) are super easy to program and use. Simply plug it into a computer's USB port and download codes from the Internet to the device and then press one of the activity-based commands on the remote, such as "Watch TV" or "Play a Blu-ray," and the Harmony does the rest. *Prices may vary by retailer.*

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# A little charity can go a long way

HOLIDAY PLANNING

## Get your kids involved when your gift is to give back

**Donna Paris**

Never underestimate your kids — they're never too young to think about giving back in the spirit of the season.

Here's how to make the holidays a little more meaningful this year with a few charities that will definitely appeal to children helping children.

**Take them shopping:** Head out to Ten Thousand Villages, where you'll find gifts with a "ripple effect." Children will love choosing socks that keep feetsies warm. Conscious Step Socks that Feed Children are fair-trade organic socks made with an artisan partner in New Delhi. Each pair sold provides six therapeutic food packs for malnourished children. Socks, $20; Tenthousandvillages.ca.

**The best gift of all:** We turn on a tap for a drink of water, but not every child can do that. Davids Tea Me to We holiday collection gives the gift of water. A colour-changing travel mug, for instance, gives six months of clean water to a person in a developing community. Then use the Track Your Impact tool to see how your purchase makes a difference. Travel mug, $35; davidstea.com.

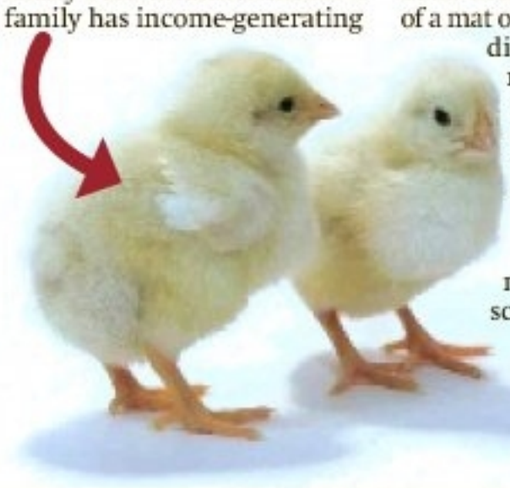
**Pack a boxful of joy:** It's a gift your family will love putting together: pack a small box of toys, toiletries or craft supplies for $25, plus $9 shipping, and support of charitable work and relief efforts — and you'll be bringing a little happiness to a child. Crosscatholic.org.

**A scarf for mom, a village well:** With the sale of 500 of each colour scarf in the Obakki Foundation's Scarves for Water, the foundation drills a clean water well for one of six South Sudanese villages: denim builds a well in Denge, charcoal in Aduer, and crimson in Kuju Cheni, for example. Register online and you and the kids can get updates on the village you've supported. Scarf, $29; obakkifoundation.org.

**Adopt a sea turtle:** Does your kid like animals? What kid doesn't? How about tucking a symbolic adoption through the WWF Canada (that's World Wildlife Fund) into her stocking? Each adoption kit comes with a plush toy, a personalized adoption certificate, a poster and a gift bag. All net proceeds help support WWF conservation efforts. Seat turtle adoption kit, $40; wwf.ca.

**Double your gift:** From now until Dec. 31, a holiday gift to Make-A-Wish Canada will be matched by their national board of directors: so if you give $10, it becomes $20; $100 becomes $200. Do it now and open up a discussion with your children about maximizing donations — and making wishes come true for children living with life-threatening medical conditions. makeawish.ca/holidaygift

**Chickens, goats and sheep!** Show your kids how gifts of livestock can impact a family's life: a chicken means a family has income-generating ability, a sheep means milk, cheese and wool for families, and goats jump start girl's futures with protein-rick milk. Feeling flush? Go for a farmload of animals! Baby chick, $17; plancanada.ca



**Give a child a good sleep:** When you donate enough money for a bedkit to Sleeping Children Around the World, you give kids around the world the basic necessities for sleep, and encourage a sense of gratitude in your own children. Each bedkit consists of a mat or mattress, bedding, mosquito net, clothing and footwear, and a schoolbag with school supplies, which varies from country to country depending on local needs. Bedkit, $35; scaw.org.

**Teens paying it forward:** Soheila D.K. Mosun, 16, from Toronto has just launched Selfless 16, an organization that challenges teens to hold events to gather donations and help those in need.

The best part is that kids get to decide which charity they want to support, which encourages self-reflection and gives them control over the decision. Visit selfless16.com to find your own unique way to give back.

# Fragrant love notes for her

**Picking out perfume is personal. Here are some top picks to help you wrap up the perfect scent for the special woman in your life this holiday season.**

Janine Falcon

**The Free Spirit**
Part of four new unisex eaux de parfum, Maison Margiela Replica Flying soars with bright citrus and crisp ozonic notes touched with earthy tendrils of musk and moss. *$200 at Sephora and Hudson's Bay.*

**The Bon Vivant**
Housed in a deceptively simple, airy bottle, Alaia Eau de Parfum Blanche is vivacious and powder sweet, and teases with a whisper of musk. *From $122 at Hudson's Bay and Saks Fifth Avenue.*

**The Chic Bohemian**
Luminous, sweet and flirtatious — think alluring flower-fairies on a shimmering cloud of light — Scent of a Dream is utterly Charlotte Tilbury. Inspiration sprang from the Ibiza-born celebrity makeup maven's own long-time signature fragrance, a blend of perfume oils she created for herself when she was teen. *From $105 at Holt Renfrew and Nordstrom.*

**The Minimalist**
Lovely on their own and uniquely her when she layers them, the Clean Rollerball Layering Collection's five pocket-size fragrances evoke Air, Rain, Warm Cotton, Blossom and Skin. *$29. Sephora and Murale.*

**The Ingenue**
A sensitive touch lighter, fresher and softer than its big-sister scent, Chanel No. 5 Eau honours its iconic roots as it beckons to a new, younger audience. *From $119 at Chanel counters.*

**The Dreamer**
A spirited fruity floral, Luna by Nina Ricci entices with wild berries, citrus, caramel and Madagascar vanilla, and enchants with its fairy-tale flaçon. *From $72 at Shoppers Drug Mart and Murale.*

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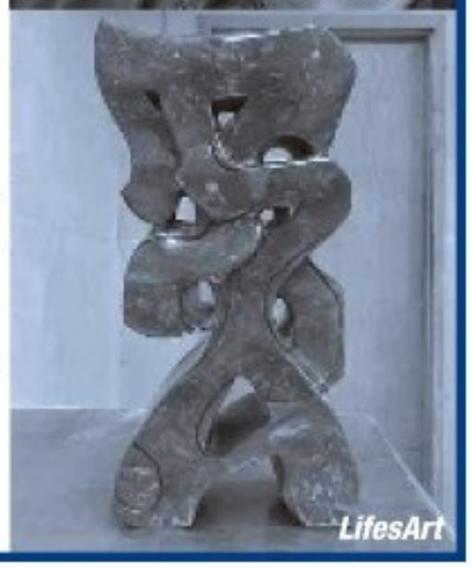
For more information please contact
Charlotte at 204-942-8715 or
Charlottes@mooddisordersmanitoba.ca

Reid Bricker


LifesArt

# ... and fragrant love notes for him

**Picking out cologne for the best men in your life is personal, too. Here are some top picks to help you wrap up distinctive scents for him this holiday season.**

Janine Falcon

**The Intellectual**
A cool, sophisticated scent of amber, iris, and geranium with a patchouli and cedar base, Prada L'Homme is clean, understated and a touch reserved – in a good way. *From $84 at Nordstrom, Saks Fifth Avenue, and Hudson's Bay.*

**The Sweet Tooth**
A gourmand scent for him, Uomo Salvatore Ferragamo opens with spice and slides into creamy tiramisu folded into sweet woody notes and tonka bean. *From $82 at Hudson's Bay.*

**The Suit**
The newest after-five version of Boss Bottled, the Intense Eau de Parfum kicks up the woody and spicy notes with a more potent, longer-lasting dose of essential oils. *$102 at Hudson's Bay, at Holt Renfrew, and Nordstrom.*

**The Health Nut**
Crisp and lively with citrus, mint and vetiver, and tempered with a hit of pink peppercorn and cardamom, classic Roger & Gallet L'Homme Sport is just one of many great scents for less at Canadian shopping site Scarlet & Julia. *$43 at scarletandjulia.com.*

**The Throwback**
Light, green and citrus to start, Mr. Taylor Cologne is an aromatic fougere scent that closes with spicy cedar and moss. *About $54 at taylorofoldbondstreet.com.*

**The Jet-setter**
A seductive oriental fougere of patchouli, oakmoss and vetiver wrapped in boldly sensual, leathery musk, Arquiste Él is an ode to thoroughly sun-warmed skin + after-dark cocktails and dancing. *$225 at etiket.ca.*

metro TRAVEL
Your essential daily news

Airline offer discounts to San Luis Potosi, Mexico, after open invite to party goes viral

# San Fran is a food paradise

GASTRONOMY

## Kitchens kick quality up several tasty notches

**Renée S. Suen**
For Torstar News Service

**"Cantonese cuisine is about searching for this perfection in the ingredient, treating it simply so that people can taste the quality of the product. That's what I want in my food: a Californian vibe but that Cantonese simplicity," says chef Brandon Jew on his restaurant Mr. Jiu's in North America's first and largest Chinatown.** KASSIE BORRESON

"Restaurants should be about how you can provide greater pleasure to people," says Joshua Skenes when asked about the uninhibitedly luxurious 18-course Discovery menu at his three Michelin-starred restaurant, Saison.

A master of live-fire and smoke, Skenes' cooking is refined, yet restrained. Pristine ingredients are showcased with minimum intervention, like the opening volley of complimentary Krug, buttery-rich, wood-fire baked biscuit (using flour milled on premise) with a mountain of reserve caviar cured in house-smoked salt. The experience is exquisite, rising well above its special occasion contemporaries.

Saison is one of America's best (and most expensive) restaurants, although Skenes doubts it would have flourished outside of San Francisco.

Known for its landmarks and concentration of tech companies, San Francisco boasts enviable edible options beyond sourdough bread or Ghirardelli chocolates. From Hog Island's sustainable oysters, RoliRoti's naturally raised crackling-studded porchetta sandwich, the super burrito at La Taqueria, to Boulettes Larder's cannelles that bests those from Bourdeax, it's hard not to eat well here.

Home to Michelin-christened and James Beard award–winning chefs and restaurants, the Bay Area is credited with fuelling food trends, such as Chez Panisse's local-sustainable-organic movement and the maker-culture fetishized $4 artisanal toast.

Using local ingredients may be ubiquitous in the region, but some kitchens are exacting new standards in quality.

Aaron London of AL's Place credits an exclusive farmer-restaurant relationship with Blue Dane Garden's Rose Becker for the flavours in his vegetable-dominant menu.

Thanks to the abundance of farmers markets, Bar Agricole's Melissa Reitz suspects San Franciscans are comfortable accepting the natural ebbs and flows associated with farm-fresh produce because they already eat that way at home.

In a market saturated with restaurants and skyrocketing rents, London cautions that the cooking has excelled out of necessity to survive: "You take great product, add in New York City pace and competition, and suddenly we have something that's hard to compete with."

Lazy Bear owner David Barzelay, Food & Wine's Best New Chef 2016, concurs. "You need to have something unique and compelling. Getting the best ingredients is a prerequisite, but you have to use it in a way that speaks to who you are as a chef and what the restaurant is."

Frustrated with the perception that Chinese food is cheap and greasy, Brandon Jew, a third generation Chinese-American, opened Mister Jiu's. He aims to define modern San Francisco Chinese food by amalgamating the traditions and customs of his elders with the flavours from his American upbringing and training.

The recreated Chinese pantry incorporates ingredients such as Calabrian salami from an area charcutier instead of Jinhua ham in the XO sauce. Scallion pancakes are made with sourdough, and roasted beet purée replaces red food colouring in the char siu sauce.

"I want to have people celebrate Chinese food again," he says. "It has the same soul but it's symbolic of the terroir here."

*Renée S. Suen was hosted by San Francisco Travel and CityPASS, which did not review or approve this story.*

metro SPORTS

The NHL plans to stick with the name and logo of the Vegas Golden Knights after U.S. patent authorities denied the club's trademark request

## IN BRIEF

**Oleksiak beats her own 100m record for bronze**

Olympic star Penny Oleksiak won bronze in the 100-metre freestyle at the world short course swimming championships Thursday in Windsor, Ont.

The 16-year-old from Toronto finished in third in 52.01 seconds, lowering her own Canadian record for the third time at the meet. Oleksiak, who won gold in the event at last summer's Olympics, broke her Canadian record in Wednesday's heats and semifinals. THE CANADIAN PRESS

**NHL owners still reluctant on approving Olympics**

NHL commissioner Gary Bettman says owners aren't keen on returning to a sixth consecutive Olympics.

Following the first day of the NHL's board of governors meetings on Thursday afternoon, Bettman said there was "strong negative sentiment" among the league's owners on NHL players attending the PyeongChang Games in 2018.

No vote was taken among the governors with respect to the Olympics. THE CANADIAN PRESS

**Lowry leads Raptors in taming of Timberwolves**

Kyle Lowry scored 25 points with 11 assists as the Toronto Raptors spoiled Andrew Wiggins' northern homecoming with a 124-110 win over the Minnesota Timberwolves on Thursday night. THE CANADIAN PRESS

# Rangers put squeeze on Jets

NHL

## New York tallies winning goal with one minute left

Kevin Hayes scored a power-play goal with 1:09 left in the third period to lift the New York Rangers to a 2-1 victory over the Winnipeg Jets on Thursday.

Jets forward Drew Stafford was in the penalty box for high sticking when a point shot went through traffic and Hayes capitalized for his 11th of the season.

The teams were tied 1-1 after the second period on Chris Kreider's goal in the first for New York and Mark Scheifele's marker midway through the second.

Antti Raanta, playing in his first game since Nov. 27, made 17 saves for the Rangers (18-9-1).

Michael Hutchinson made 22 stops for the Jets (13-14-3).

New York opened the scoring at 8:02 of the first period on the power play when a trio of precision passes started with Mats Zuccarello and ended with Derek Stepan sending Kreider the puck at the side of an open net.

The goal extended Kreider's point streak to four games, with three goals and two assists.

The Rangers outshot the Jets 10-6 after the first, but could have been up by more goals if not for some tough stops by Hutchinson.

Scheifele, who missed the last three games with a hamstring injury, used a rebound off a Paul Postma point shot to score his 14th goal of the season at 9:51 of the second.

Winnipeg had one power play in the third period and New York had a pair, including the last with 2:56 remaining in the third that Hayes used for his 20th point of the season.

The Rangers finish off a three-game road trip in Chicago on Friday while the Jets travel to Calgary on Saturday. THE CANADIAN PRESS

Marc Staal of the Rangers runs the Jets' Mark Scheifele into the boards on Thursday night. JOHN WOODS/THE CANADIAN PRESS

**At MTS Centre**

| RANGERS | JETS |
|---|---|
| 2 | 1 |

## AROUND THE LEAGUE

**Habs down Devils**

Carey Price lost his temper after being bumped twice in his crease but made 19 saves to win the game as the Montreal Canadiens defeated the New Jersey Devils 5-2. THE CANADIAN PRESS

**Flyers rack up another win**

Michael Raffl scored with 1:29 remaining to cap Philadelphia's seventh straight win, a 6-5 comeback triumph over the Edmonton Oilers. THE ASSOCIATED PRESS

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# Have fighting spirit, will travel

UFC 206 Up close and personal

## Canadian mixed martial artist has honed craft across the globe

Joe Callaghan
Metro | Toronto

Jason Saggo always comes home ... eventually.

The Toronto native has returned to familiar turf this week for his first ever outing in the city where he was born. The UFC lightweight contender has been a professional mixed martial artist for more than seven years now, so this homecoming has taken its time getting here.

Then again, Saggo's friends and family have long since learned not to wait out for him.

The 31-year-old is a full-time fighter. He's also a deep thinker. Most of all, though, he's a natural-born wanderer. The combat sports bug may have bitten hard in his university days but the travel bug dug its teeth in deeper still.

So Saggo has combined the two on his long, winding journey to here, a slot on the UFC's first pay-per-view event in Canada in over a year and with it an opportunity to take his career to the next level.

It's been some trek, though. Saggo has traversed 5,000 kilometres of Thailand by motorbike, backpacked Brazil before floating down the Amazon, trod across India and then got back on the bike to conquer Vietnam. There's been plenty more destinations in between. But all stop-off points had one thing in common — diving deeper into his sport.

**12-2**

**Saggo's professional MMA record.** The five-foot-11 lightweight has won seven of his last eight fights.

"People ask me are you a fighter or are you a martial artist, those have two very different meanings," Saggo told Metro. "The connotations are way apart, people say you're a fighter and assume things. Whereas you say you're a martial artist, which is where I feel I'm coming at it, I'm not in there because I enjoy hurting people. I enjoy the challenge of going in there and understanding the depth of the technique.

"It's just with me, I love travelling. It's always been a part who I am. The more I can get to see other places and other cultures, that's what I want to be doing."

His dual passions help feed the body and the mind.

"They do, and you're feeding the soul too, right?" says the psychology and philosophy graduate. "Travelling is food for the soul. All the people I have met through training and martial arts around the world have always been incredible people.

When you're training with guys who literally have your life in their hands, you have to have enormous trust. There's a bond that has to be there. It's almost like a family."

On Saturday, Saggo faces Rustam Khabilov, the most daunting assignment of his fighting life to date. The Dagestanian carries a 20-3 record into the Air Canada Centre and has already won three times this year.

Saggo, however, is on the brink of racking up a third triumph of his own this year.

"I wanted to go 3-0 and fight in Vegas," he said. "I'm almost there, I went to Vegas and got the win in the first round, no damage. Second fight was a tough fight but I beat him. And now I'm fighting a tough guy. He's upper echelon, so for me to beat a guy of his calibre would be a huge jump in my career."

Charlottetown is where Saggo hangs his hat these days, having moved there with his girlfriend four years ago. The relative seclusion of Prince Edward Island appealed to someone who knew plenty of it having worked as forest firefighter in B.C. and tree planter in northern Ontario.

In unsettled times for Canadian UFC fighters — Georges St-Pierre very much in exile and Rory MacDonald departed — Saggo is eager to fill the void.

"They need someone to step up and represent for Canadian fighters," he said. "This is a huge opportunity, this is why for me to go 3-0 this year would be a huge step. It would put me up there as the top Canadian fighter in the 155-pound division, would be a career high."

The journey continues.

**Toronto native Jason Saggo takes on Rustam Khabilov on Saturday night.** EDUARDO LIMA/METRO

MAKE IT TONIGHT

# *Zesty* Lemon Orzo Soup

PHOTO: MAYA VISNYEI

**Ceri Marsh & Laura Keogh**
For Metro Canada

This zingy recipe yields a lot of soup, which is good news since it tastes even better the next day.

**Ready in 30 minutes**
Prep time: 5
Cook time: 25
Serves 6

**Ingredients**
- 8 cups low-sodium chicken stock
- 1 cup orzo
- 1/2 lb of skinless, bonelesschicken breast, chopped into bite-sized pieces
- 3 eggs
- 1/3 cup of lemon juice
- Salt and pepper to taste
- Small handful of parsley, chopped

**Directions**

**1.** In large pot, bring stock to a boil. Add the orzo and reduce heat just slightly so it simmers 10 minutes.

**2.** Now add the chicken to the pot with the stock and orzo and simmer for 10 more minutes.

**3.** While that's cooking away, crack your eggs into a bowl and whisk in the lemon juice. Using a ladle, scoop out some hot broth and add small of stream to your egg mixture while whisking. Add as much hot stock as it takes to really warm up the egg so it won't scramble in the soup.

**4.** Now pour your egg mixture into your soup pot. Cook for another 2 or 3 minutes or until it thickens slightly. Season to taste. Serve with a sprinkle of chopped parsley.

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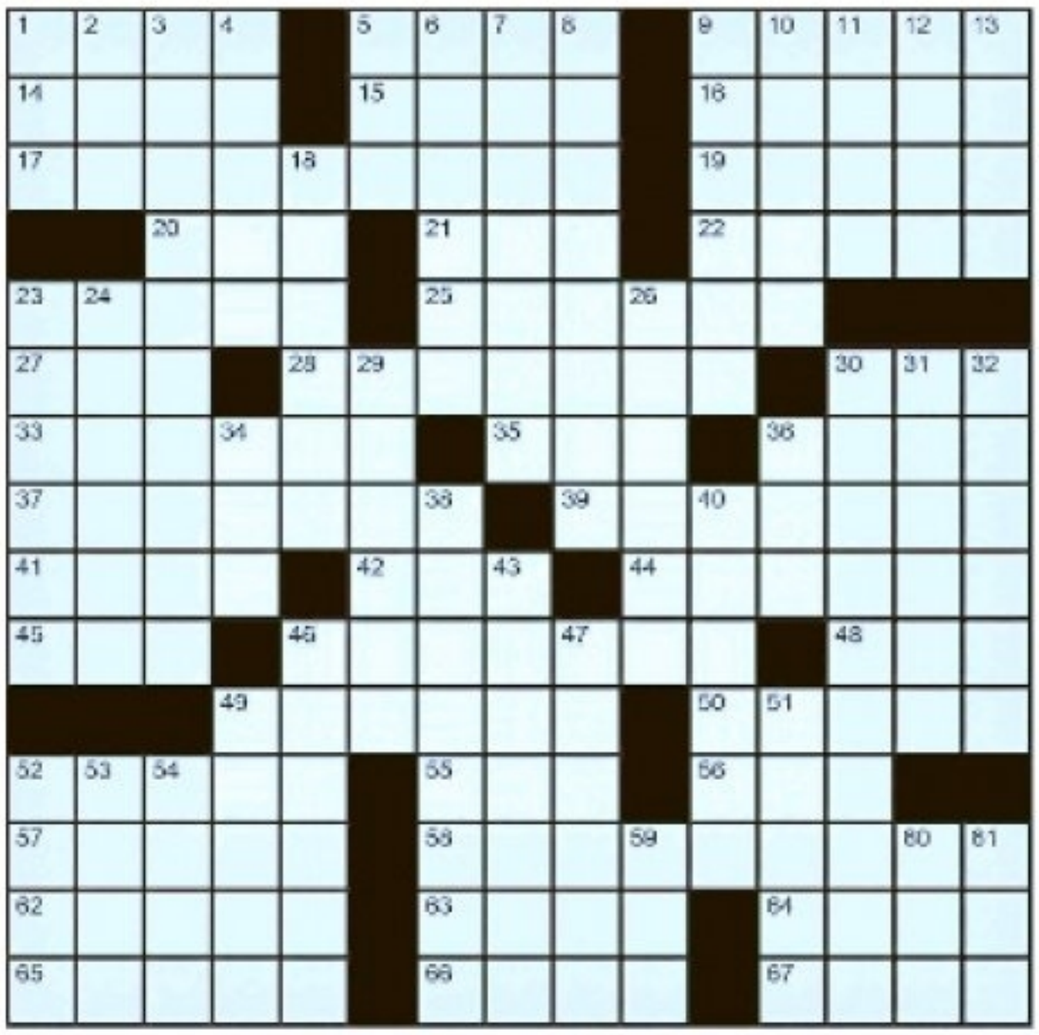
# CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



**ACROSS**
1. Davy Crockett portrayer Mr. Parker
5. Fashion
9. 'Speak' like Shakespeare
14. Italian harp
15. Singleton
16. __ album
17. Flexibility
19. James Bond portrayer Mr. Moore
20. "__ thousand times."
21. US lawyers' org.
22. A-List
23. Exasperated expletives!
25. "Pretty good!": 2 wds.
27. Ms. Gardner who was married to Frank Sinatra
28. __ salt
30. "Come again?"
33. Empty-__ (Parent whose kids have flown the coop)
35. Theological sch.
36. Window piece
37. Debit card service in Canada
39. Island of Indonesia
41. Put a lawyer to work
42. Bathroom water source
44. Many call it football
45. Feminine pronoun
46. Obtained, as consumer goods
48. Fedora, for one
49. CBC's "Rick __ Report"
50. Canadian painter Ms. Carr
52. Prank
55. __, or Ardor: A Family Chronicle (1969 Vladimir Nabokov novel)
56. "Shiny Happy People" r.o.c.k.e.r.s.
57. Was inclined, like Pisa the Tower
58. "Today" on NBC co-anchor Ms. Guthrie, and namesakes
62. Venetian traveller Mr. Polo
63. Salt Lake City's state
64. High-fiving sound
65. Ranch animal
66. Filming venues
67. Greyish

**DOWN**
1. Flight watchdog org.
2. Energy unit
3. Toronto-based toymaker of the flying-off-the-shelves toys at #30-Down: 2 wds.
4. Beauty parlor
5. Pre-Tue. day
6. "__ Only" by Adele
7. Coureurs __ (Canoe-travelling fur traders of the woods in New France)
8. Substitutes
9. Banquet
10. Get __ of (Contact)
11. Boo Boo's cartoon pal
12. Leave in, in proofreading
13. Ripped
18. 1963 hit for The Essex: "__ Said Than Done"
23. Particular pastry
24. Toronto thoroughfare, __ Road
26. Confuse
29. Public speaker
30. The must-have toys of Christmas 2016
31. Fanciful
32. Robust
34. Mr. Danson of "Cheers"
36. BC's li'l ocean
38. Mountain chain in Eurasia
40. "__ Family" (ABC comedy)
43. Antecede
46. Sphere
47. Dapper piece of neckwear
49. Festive fare, __ pies
51. Smart people's gr.
52. Donations
53. Shipshape
54. Weight allowance
59. Sneeze-starting sounds...
60. "Very funny."
61. Undercover agent

# IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20
This is the perfect day to make travel plans, because you are excited and enthusiastic. Don't hesitate to explore opportunities in publishing, the media, medicine and the law.

**Taurus** April 21 - May 21
This is an excellent day for discussions about shared property, inheritances and how to deal with taxes and debt. You might end up laughing all the way to the bank.

**Gemini** May 22 - June 21
Relations with partners and close friends are friendly and upbeat today. This is a wonderful day to enjoy the company of others. Get out and schmooze!

**Cancer** June 22 - July 23
You want to do your very best on the job today because you are positive-minded and happy about your work. Work-related travel also is likely.

**Leo** July 24 - Aug. 23
This is a great day to meet others for a fun, social occasion. Enjoy the arts, sports events, playful activities with children and romantic liaisons.

**Virgo** Aug. 24 - Sept. 23
Family discussions will go well today. This is a particularly good day to discuss real estate negotiations or how to share or divide something with a family member.

**Libra** Sept. 24 - Oct. 23
Writers and salespeople will be successful today, because it's easy for Librans to be positive-minded. And we all know about the power of positive thinking!

**Scorpio** Oct. 24 - Nov. 22
Business and commerce are favored today. Look for ways to expand your earnings. You also might see ways to make money on the side or even get a better job.

**Sagittarius** Nov. 23 - Dec. 21
You're happy today. That's because your ruler, Jupiter, is dancing beautifully with the Sun in your sign. Yes, it doesn't get much better than this!

**Capricorn** Dec. 22 - Jan. 20
It's easy to feel content in life today because you are quietly happy. You feel confident; furthermore, you feel positive about your future. (And you should.)

**Aquarius** Jan. 21 - Feb. 19
This is a popular day for Aquarians! Enjoy hanging out with friends. You also will enjoy all of your exchanges with people in groups, clubs, classes and associations.

**Pisces**
Feb. 20 - March 20
Because you make a fabulous impression on others today, go after what you want. Now is the day to put forth your agenda with bosses and parents.

**CONCEPTIS SUDOKU** by Dave Green

Every row, column and box contains 1-9

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| | 5 | 8 | | | | 2 | 3 | |
| 2 | 3 | | | | | | 9 | 5 |
| | | | | 4 | | | | |
| 6 | 9 | | | | | | 2 | 7 |
| | 6 | 5 | | | | 3 | 7 | |
| | | | 6 | | 1 | | | |
| | | | 3 | | 8 | | | |

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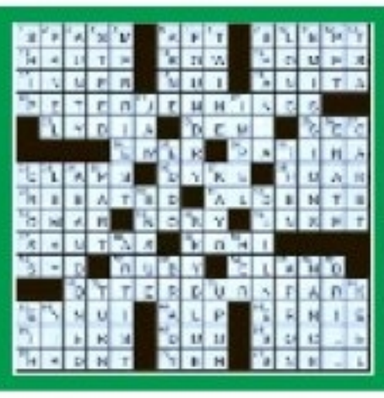
**YESTERDAY'S ANSWERS**

Your daily crossword and Sudoku answers from the play page.

**for more fun and games go to metronews.ca/games**



| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 6 | 3 | 7 | 4 | 1 | 5 | 2 | 8 | 9 |
| 2 | 1 | 4 | 3 | 8 | 9 | 6 | 7 | 5 |
| 9 | 8 | 5 | 6 | 2 | 7 | 3 | 1 | 4 |
| 3 | 7 | 6 | 9 | 5 | 8 | 4 | 2 | 1 |
| 5 | 2 | 8 | 1 | 6 | 4 | 9 | 3 | 7 |
| 4 | 9 | 1 | 2 | 7 | 3 | 8 | 5 | 6 |
| 8 | 6 | 3 | 5 | 9 | 1 | 7 | 4 | 2 |
| 1 | 4 | 9 | 7 | 3 | 2 | 5 | 6 | 8 |
| 7 | 5 | 2 | 8 | 4 | 6 | 1 | 9 | 3 |

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